

# OATYEFRUITY MICEANDBLY





Some things just go well together. We've brought together delicious rolled oats with scrumptious fruits and nuts, given them a lavish sprinkle of organic care and attention to create a wholesome, healthy range of granolas that are very... **Nice and Nobbly!** 

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As with any coin, there is always two sides to a story. Summer is that tale, but we may just have it covered. The sunshine can play havoc with allergy sufferers, and not just through the tangables like hay fever, prickly heat or eczema, but also through the not so measurable instances such as meeting up for al-fresco dining with friends or going on holiday. Well, although not quite 'problem solved', we do

have a few pointers to make those scenarios a little bit more manageable. If you are planning to get away this summer, turn to page 58 for Allergy UK's Amena Warner's guide to travelling safe, while if it's a more close to home affair and a barbecue you have been invited to, The Happy Coeliac Samantha Stein has the bases covered when it comes to potential crosscontamination on page 46.

While we are on the subject, we have a fantastic section on page 14, loaded with free-from barbecue recipes that will have you reaching for the charcoal bag, while we also have all our regular sections including breakfasts, lunches, midweek meals, weekend meals, baking and bread recipes and much more for you to get stuck into. We hope you have found our free Low-FODMAP mini mag an enlightenment and all the other excellent features within the magazine. We'd love to hear your thoughts, so don't forget to come over to Facebook or our website www.freefromheaven.com to have your say. See you next issue...

Nick Gregory Deputy Editor



Cover image Rice and feta vegetable parcels © Stockfood, The Food Media Agency.

## Get in touch

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Go to www.twitter.com and search for @Freefromheaven

Alternatively email nick.gregory@anthempublishing.com



### Subscribe

Turn to page 44 to take advantage of this month's special Gluten-Free Heaven subscription offer.





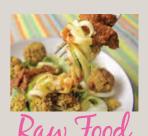
#### COOKING WITH COCONUT

Indulge in the health benefits of one of the latest and hottest free-from superfoods on page 74.



## **MIDWEEK MEALS**

Turn to page 49 for some great ideas to help take the stress out of cooking in the week.



Learn all about the growing popularity of the raw food diet on page 116.



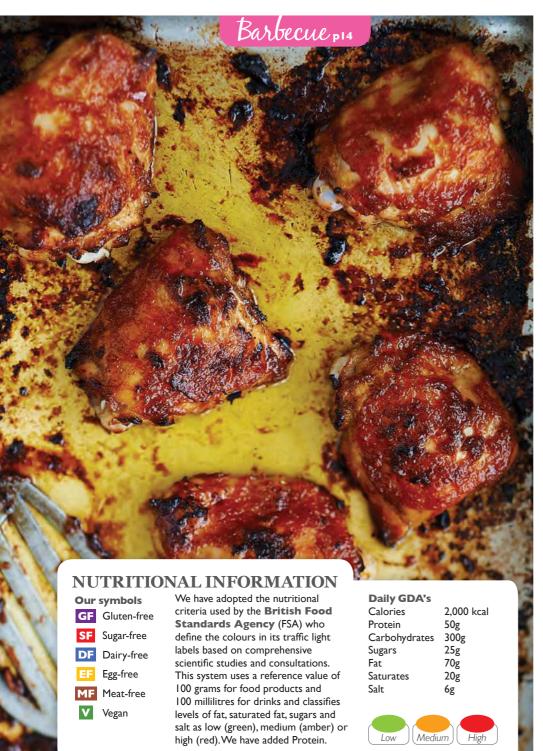
#### **GOING ON HOLIDAY?**

Find out everything you need to know about travelling with allergies in our essential guide on page 58.

EE-FROM JUL

# July/August Contents

Discover the secrets of healthy and nutritious free-from living





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## **Essential** information

We use standard **UK** measurements, where Itbsp is I5ml and Itsp is 5ml.

Our vegetarian recipes often include cheese. Some may contain animal rennet, so check the label and use a vegetarian substitute if you prefer.

Where we use a gluten-free, sugar-free, dairy-free, egg-free, meat-free or vegan symbol, we recommend you check the ingredents list of any manufactured products you use - even if you use them regularly, as manufacturers change their recipes.

## On the cover



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# Free-From

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> SUBSCRIPTION ENQUIRIES anthem.subscribeonline.co.uk Call UK 0844 848 8425, Europe & World +44 1795 419 854 USA – Call Toll Free 800.428.3003

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**√** coeliac

✓ vegetarian

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## Carrot and walnut cracker bread

By Michelle Lynette (<u>www.everythinggood.co.uk</u>)



Makes 12-14 | Prep 15 mins plus dehydrating | Cook **none** | Calories **126** (per cracker)

5 medium carrots 90g (3oz) walnuts 70g (2½oz) sunflower seeds 45g (1½oz) flaxseed 45g (1½oz) pumpkin seeds

I large apple juice of I lemon 25g (loz) ginger I tsp sea salt ½ tsp cayenne pepper

- I Grind the nuts and seeds in a blender, then set aside in a bowl.
- 2 Blend the carrot, apple, ginger and lemon. Add to the nut and seed mixture, then season with salt and cayenne pepper and mix together.
- 3 Spread the mixture over four non-stick dehydrator sheets, then dehydrate for 2 hours at 46°C. Remove and use a blunt knife to cut the mixture into rectangular strips.
- 4 Place back in the dehydrator and leave for a further 22 hours.
- 5 Once ready, serve with dairy-free cheese and a side salad.



## Carrot cake with coconut cream

By Donna Crous (<u>www.eighty20nutrition.com</u>)

GF DF MF

Serves **8-10** | Prep **20 mins** | Cook **45 mins** | Calories **393** (per serving)

#### **FOR THE CAKE**

3 free-range eggs, at room temperature 115ml (4fl oz) coconut oil, melted 2 tsp vanilla extract 300g (10½oz) carrot, grated 375g (13oz) almond flour 2 tsp bicarbonate of soda

115g (4oz) raw coconut palm sugar

125g (4½oz) raw pecan nuts, chopped

I tsp cinnamon I tsp dried ginger

I tsp nutmeg

#### **FOR THE ICING**

320ml (I Ifl oz) coconut cream I tbsp raw honey or maple syrup I tbsp lemon juice a handful of fresh berries

- Preheat the oven to 175°C/Gas Mark 4. Grease and line a 20cm (8in) baking tin.
- 2 In a large bowl, add all the wet cake ingredients and whisk until light and fluffy. Stir in the carrots. In another bowl, add all the dry cake ingredients and stir gently.
- 3 Add the dry ingredients to the wet ingredients and stir in gently.
- 4 Transfer the mixture to the baking tin, then bake in the oven for 45 minutes, or until a skewer inserted into the centre of the cake comes out clean. Leave to cool before icing.
- 5 For the icing, whisk the coconut cream until light and fluffy. Whisk in the honey/maple syrup and lemon. Spread the icing over the top of the cake, then sprinkle over a selection of fresh berries.























### CHAMPIONS OF THE CHARCOAL BBQ

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10 FREE-FROM JULY

If you want something portable, or if you want to keep your food seperate from the larger grill to avoid any cross contamination, The Go-Anywhere is a great option. It's compact, designed to fit neatly into the boot of your car and has a weather-proof handle with a protective heat shield.

The lid and bowl are fire and rustresistant and made from porcelainenamelled steel which makes them massively durable. A fold-away stand raises the barbecue, so that it doesn't burn surfaces. Ideal for the active,

> on-the-road person who wants to be prepared for anything.

The team here at Free-From Heaven have already given it a go too, and we can confirm it lived up to its billing. What fun! From £55. www.

weberbbq.co.uk

#### FROM THE SOCIAL MEDIA VAULTS

After several gluten-free products were recalled by supermarkets at the beginning of June, we asked for your thoughts on this concerning development...

The only way to be really sure is to home bake... not always practical, but I will be making more effort!
Coeliac.co.uk flagged it and have info too.
Helen K Calver

So worrying. Not sure I can trust these brands anymore. As my husband has anaphylaxis to wheat

Susie Chester

I thought, yes it's only certain products, but then I thought how do they know it's not in other products. M&S for me from now on. Elaine Graham

A little concerning? It's life threatening for those with anaphylaxis to wheat and gluten, so I'd say a little concerning is a bit of an understatement!

f

Carla Spear

Follow us on Facebook @ FreeFrom Heaven and send us your top tips...

#### THE KIEV COMEBACK

S-GLUTEN FREE'S NEW
Chicken Kiev heralds a new
age for this traditional family
favourite. Evoking fond memories,
this retro dinner-time dish can now
be enjoyed by gluten- and wheat-free
shoppers across the UK.

The DS-gluten free Chicken Kievs are made from succulent chicken breast meat and a flavoursome sauce, encased in a crunchy, gluten-free breadcrumb crust. Available in the frozen aisle of Morrisons stores since launching this spring, those who follow a gluten- and wheat- free diet will be eager to try this classic garlicky dish.

The delicious Kievs from DS-gluten free come in packs of two (RRP £3.49) and are handy for keeping in the freezer. They offer a satisfying, easily prepared main meal option best served with a fresh side salad and baby new potatoes.

www.dsglutenfree.com





#### **TOMATOES**

The tomato is consumed in diverse ways, including raw, or as an ingredient in many dishes, sauces, salads and drinks. While it is botanically a fruit, it is considered a vegetable for culinary purposes. It contains lycopene, an antioxidant rarely found in other foods. It is suggested that it could protect the skin against harmful UV rays, prevent certain cancers and lower cholesterol. Tomatoes contain high amounts of potassium, fibre and vitamin C.



#### 58 High Street Manchester M4 IEF

Away from the kitsch of most tea rooms, Tea 42 offers a fresh alternative and their own take on traditional afternoon tea, along with deliciously indulgent fine dining dishes. Whether you're a gluten-free seeker or adventurous foodie, their charming and quirky yet stylishly-chic setting can cater for any occasion.

The company was established in 2013. Throughout its first year, the restaurant became popular among both foodies and diners with intolerances for its extensive free-from menu.

Tea 42 even secured first place at the prestigious FreeFrom Eating Out Awards towards the end of 2014, and more recently was host to its first marriage proposal.

Call us: 0800 0434242

www.tea42restaurants.com

## THE ALLERGY & FREE FROM SHOW

OME AND SAY HELLO TO THE Free-From Heaven team at Allergy & Free From Show at London's Olympia from July 3-5. Pick up a goodie bag, including products from Dove's Farm, Get Fruity, Easy Bean and more, or just pop over for a chat and enter our prize draw to win a Kenwood Mixer...

www.allergyshow.co.uk

## **Upcoming Events**

## GREAT DORSET CHILLI FESTIVAL

#### SATURDAY AUGUST 1 – SUNDAY AUGUST 2

August might be the hottest month of the year, but if eye-watering heat is your bag take a trip down to the Great Dorset Chilli Festival. Held in the scenic surroundings of St Giles Park, the whole weekend celebrates the flavour, power and excitement of the chilli pepper.

It's not just about the chilli
pepper plant itself though – there are
more chilli-based products than you
can imagine. If you're feeling superadventurous, you might be able to get
your hands on the famous Dorset
Naga, reported to be one of the
hottest chillies in the world, although
a health warning is probably in order –
this is not for the faint-hearted!

Information www. greatdorsetchillifestival.co.uk

## EDINBURGH VEGAN FESTIVAL

#### **SATURDAY AUGUST 8**

Edinburgh plays host to its very first vegan festival at the wonderful Roxburghe Hotel.

Following the amazing success of the Newcastle Vegan Festival in 2014, this year over 100 stall holders from across Europe will descend upon the Scottish capital for the day, along with thousands of visitors.

Information www.veganfestival.co.uk

## ISLE OF WIGHT GARLIC FESTIVAL

#### AUGUST 15-16

The Island's biggest summer show welcomes Britain's hottest food star Rachel Khoo, along with a packed food theatre line-up celebrating the best in local food producers.

Information www.garlic-festival.co.uk



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Honeybuns Mixes £4.99 Versatile and luxurious tasting, these mixes make delicious cornbread,

pancake batter, or wonderful cakes. www.honeybuns.co.uk



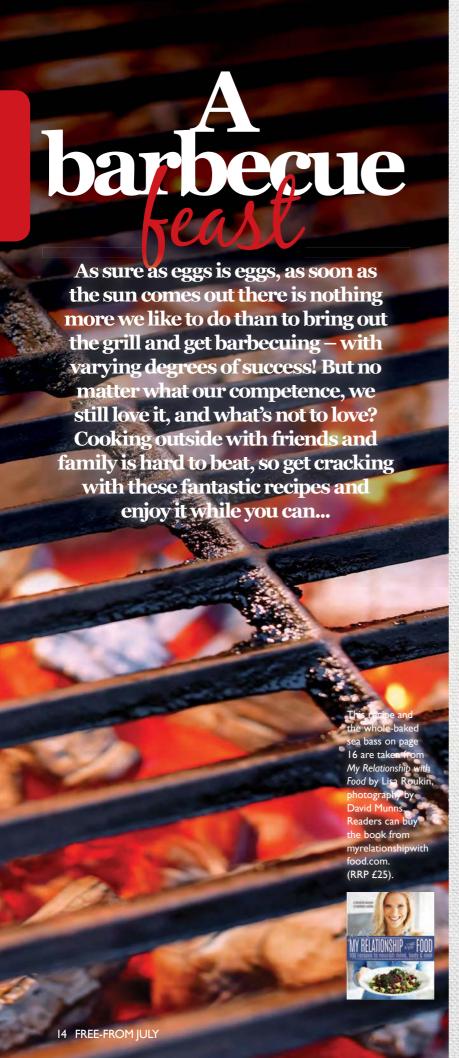


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## Sticky barbecue chicken

By Lisa Roukin



Serves 4-6 | Prep 40 mins plus marinating | Cook 25 mins | Calories 375 (per serving)

8 chicken thighs, skin-on and bone-in I tbsp sesame oil garlic granules paprika sea salt and white pepper

#### FOR THE MARINADE

juice of 1/2 a lemon 2 celery stalks, stringy bits removed, grated 2 shallots, grated 2 garlic cloves, peeled, crushed

I tsp ginger, minced 100ml (31/2fl oz) glutenfree tomato pasta sauce 50ml (134fl oz) cold water 50ml (13/fl oz) glutenfree soy sauce 50ml (13/4fl oz) mirin sweet rice vinegar 2 tsp gluten-free **American mustard** 2 tsp sweet chilli sauce

I Heat the barbecue to the correct cooking temperature.

3 tsp honey

- 2 Mix all marinade ingredients together in a large mixing bowl - keep 100ml (31/2fl oz) aside for serving.
- 3 Rub the sesame oil into the chicken thighs, then season well with white pepper, garlic granules, sea salt and paprika.
- 4 Place the thighs in large seal-able bags, spoon over some of the marinade to cover the thighs and marinate for 10-15 minutes, or preferably overnight.
- 5 When ready to cook, remove the thighs and reserve the marinade. Transfer the chicken to the barbecue and spoon over a couple of spoonfuls
- 6 Cook on the barbecue for 20-25 minutes, turning regularly and basting with the marinade and juices until thoroughly sticky and golden.
- 7 They are done when they are nicely browned and the juices run clear when pierced with a knife (it's important you cook the chicken all the way through).
- 8 Heat the reserved marinade on the hob in a small saucepan, reduce the heat and simmer for 5 minutes.
- Once the chicken pieces are cooked, eat them when fresh and hot. Just before serving, pour some extra sauce over them or leave to cool before packing up for a picnic or packed lunch.

**TIP** Sauces with high sugar content will cause flare-ups when cooking over direct heat and may burn the chicken. Where possible, apply barbecue sauce towards the end of the grilling time - just enough for the sauce to caramelize and crust on the chicken without burning.















## Whole-baked sea bass in hanana leaves

By Lisa Roukin

GF SF DF EF

Serves 4 | Prep 30 mins | Cook 20 mins | Calories 306 (per serving)

I whole sea bass, scaled, gutted, fins removed

I tbsp lime juice

I tsp of salt

2 tsp palm sugar paste

I small onion, peeled roughly chopped

25g (loz) fresh root ginger, peeled, roughly chopped

I red chilli, deseeded, roughly chopped

2 garlic cloves, peeled

I lemon grass stalk

125ml (4½fl oz) coconut milk

1/2 tsp chilli flakes

15g (3/40z) fresh coriander

I-2 tbsp honey

2 large pinches of sea salt

banana leaves, or oiled foil

I tbsp peanut oil

**TO GARNISH** 

coriander lime wedges

- Wash the sea bass inside and out and pat dry with kitchen paper. Score through the skin of the fish three or four times on each side, then rub the slits with the lime juice mixed with the palm sugar on both sides. Place the fish on oiled banana leaves or a large piece of oiled foil.
- 2 Blend the lemon grass, chilli, chilli flakes, onion, garlic, coriander, ginger and sea salt until smooth. Add 1-2 tbsp honey and the coconut milk. Season the fish with the paste, wrap the fish in the banana leaves and tie with dampened string. Cook on the barbecue for 10 minutes on each side, until the flesh is tender. Let it rest for about 5 minutes before opening the parcel. Garnish with lime wedges and coriander.











## Salmon & sesame skewers

By Samatha Warrington

GF SF DF EF

Makes 8 | Prep 10 mins plus marinating | Cook 4-6 mins | Calories 183 (per skewer)

I tbsp gluten-free soy sauce

2 tsp honey

500g (IIb) salmon fillet, skinned, cut into strips

4 tsp sesame oil

juice of I lime

I cucumber

6 spring onions, finely sliced

16 cherry tomatoes, halved

3 tbsp sesame seeds

- I Mix together the soy sauce and honey in a shallow bowl. Add the salmon and mix well, then cover and leave to marinate in the refrigerator for 12-15 minutes. Meanwhile, soak eight wooden skewers in water for 10 minutes.
- 2 Mix together the sesame oil and lime juice in a large bowl. Using a vegetable peeler, slice the cucumber into long, thin strips and place in the bowl with the spring onions and cherry tomatoes. Toss in the dressing,
- 3 Thread the salmon on to the skewers, then roll in the sesame seeds to coat. Cook on the barbecue for 2-3 minutes on each side, or until cooked through.
- 4 Serve the salmon skewers with the cucumber salad.













## Lamb, beetroot and feta burgers

By Kelly Black (www.eatpraycook.co.uk)



Makes 8 | Prep 15 mins plus 20 mins for chilling | Cook 20 mins | Calories 220 (per burger)

500g (Ilb Ioz) organic lamb mince 175g (6oz) beetroot, grated I small white onion, peeled, chopped 3 small free-range egg yolks 75g (2¾oz) chopped feta 4 tbsp coconut flour

2 garlic cloves, peeled, crushed I tsp dried rosemary a small handful of chopped mint pink salt and freshly ground black pepper

- I Mix all of the ingredients together in a bowl.
- 2 Shape into burgers, adding more flour if needed for solid patties,
- 3 Chill in the fridge for 20 minutes.
- 4 Barbecue for 10 minutes on each side, or until cooked through.

## Grilled aubergine and tomato salad

By Kelly Black (www.eatpraycook.co.uk)

GF DF EF MF V

Serves 2 | Prep 10 mins | Cook 10-12 mins | Calories 250 (per serving)

I whole aubergine, sliced 4-5 cherry tomatoes

pink salt and freshly ground black pepper

#### FOR THE GARNISH AND DRESSING

I tbsp tahini a squeeze of lemon juice coriander

I chilli, sliced

1/2 an avocado, sliced

- I Season the aubergine slices with salt and leave for 5 minutes. Rinse the beads that form on the surface to remove any bitterness.
- 2 Squeeze the lemon juice over the slices and season with more pink salt and pepper.
- 3 Barbecue the aubergine and the tomatoes for 5-6 minutes on each side, or until cooked through.
- 4 Leave to cool and serve with the avocado.
- 5 For the dressing, mix together the tahini and lemon juice and garnish with the chilli and coriander.

























## Grilled courgette and watercress salad

By Weber (www.weber.com)

GF SF DF EF MF V

Serves 4-6 | Prep 15 mins | Cook 6-8 mins | Calories 156 (per serving)

6 courgettes

80g (3oz) watercress sea salt

#### FOR THE CHILLI AND MINT DRESSING

finely grated zest and juice of ½ a lemon

#### I red chilli

- I Wash the courgettes and watercress. Thinly slice the courgettes lengthways to make flat strips. Sprinkle on a few pinches of sea salt. Allow the courgettes to soften slightly as the water is absorbed by the salt.
- 2 For the dressing, wash the lemon, chilli and mint leaves. Remove the seeds of the chilli and chop it finely. Shred the leaves. Whisk the olive oil, lemon zest and juice, chilli and mint in a bowl and season with salt and pepper.
- 3 Place the watercress in a serving dish.
- 4 Prepare the barbecue for direct heat, about 220°C.
- 5 Place the courgette strips on the grate and close the lid. Grill for 3-4 minutes on each side until dark grill marks have formed. Take them off and allow to cool.
- 6 Place the courgettes on top of the watercress and pour over the dressing.

## **Provençal tomatoes**

By Weber (www.weber.com)



Serves 4 | Prep 10 mins | Cook 20 mins | Calories 168 (per serving)

8 tomatoes

3 tbsp olive oil

1/2 tsp caster sugar

1/2 tsp salt

#### FOR THE PERSILLADE

2 garlic cloves, peeled

a bunch of flat-leaf parsley

4 tbsp gluten-free breadcrumbs salt and freshly ground black pepper

- I Wash the tomatoes. Remove the stems and cut in half. Squeeze gently to remove the seeds.
- 2 Brush a grill basket with oil and place the tomatoes in it.
- 3 Mix the sugar and salt, then sprinkle over the tomatoes.
- 4 Prepare the persillade. Peel the garlic and slice finely. Wash the parsley and chop it finely, then combine both with the breadcrumbs, salt and pepper.
- 5 Evenly spread the persillade over the tomatoes and drizzle with the remaining oil.
- 6 Prepare the barbecue for indirect heat, about 200°C.
- 7 Place the grill basket on the grate in the middle and cook for 20 minutes with the lid closed.
- 8 Check the tomatoes are cooked, then remove them from the heat. Serve immediately.











15g (3/oz) mint leaves

6 tbsp extra-virgin

sea salt and freshly

ground black pepper

olive oil















## Dark barbecue sauce

By CELIA (www.celialager.co.uk)

GF EF MF

Makes 4 | Prep 15 mins | Cook 20 mins | Calories 186 (per serving)

I tbsp butter

I slice of bacon, minced

I medium onion, peeled, finely chopped

225ml (8fl oz) CELIA Dark Lager

225ml (8fl oz) gluten-free ketchup

115ml (4fl oz) water

50g (13/oz) dark brown sugar

3 tbsp Dijon mustard

60ml (2fl oz) Worcestershire sauce

I tbsp lemon juice

1-3 tsp hot sauce

#### sea salt and freshly cracked black pepper

- Melt the butter in a saucepan over a medium heat. Add the bacon and onion and cook for 5-8 minutes until golden brown.
- 2 Add the lager and bring to a boil, then lower the heat to a simmer until reduced by half.
- 3 Add the rest of the ingredients, except for the salt and pepper. Allow to simmer for about 10 minutes, until thickened. Season with salt and pepper to taste.
- 4 Allow to cool to room temperature before serving.
- 5 Enjoy with delicious barbecue food and a bottle of CELIA Lager!

## Rice and feta vegetable parcel

GF SF DF EF MF V

Makes 4-6 | Prep 20 mins | Cook 20-30 mins | Calories 527 (per parcel)

80ml (3fl oz) olive oil iuice of I lemon 4 courgettes, sliced 8-10 cherry tomatoes, halved 12-15 black olives, pitted, halved I onion, peeled, finely chopped 2-3 garlic cloves, peeled, finely chopped 375g (13oz) basmati rice, cooked salt and freshly ground black pepper 2 tsp oregano, chopped I chilli, finely chopped 2 tsp mint, chopped 250g (9oz) soya feta, diced

**TO GARNISH** 

#### torn coriander

- I Heat the barbecue grill.
- 2 Mix together the oil and lemon juice in a large bowl. Add the vegetables, garlic and rice and toss together to coat.
- **3** Season to taste with salt and pepper.
- 4 Fold four-six large pieces of foil in half and place onequarter of the vegetables in the centre of each. Sprinkle with oregano, chilli and mint.
- 5 Pull the two short sides up and roll them down over each other to create a packet, then fold over each end to seal and make a loose parcel.
- 6 Place on the grill and cook for 20-30 minutes until the vegetables are tender.
- 7 Carefully open the parcels and add the soya feta. Toss gently to mix and sprinkle with coriander.

























## Mushroom and soya burgers

GF SF DF EF MF V

Makes 12 | Prep 15 mins plus 15 mins to stand | Cook 14-16 mins | Calories 192 (per burger)

50g (13/4oz) sunflower seeds 2 spring onions, finely chopped 200g (7oz) mushrooms, finely chopped 400g (14oz) soya flour, plus extra if needed 2 tbsp chopped parsley 200g (7oz) soya bean curd 50g (1¾oz) gluten-free oatmeal 1/2 tsp salt 1/4 tsp freshly ground black pepper

#### vegetable oil **TO GARNISH**

#### parsley

- I Toast the sunflower seeds in a dry frying pan and set aside
- 2 Mix together all the ingredients and leave to stand for about 15 minutes, until easy to shape. If necessary, add more flour or a little water until the mixture is easy to shape.
- 3 Shape into small patties with wet hands.
- 4 Cook the patties in batches on the barbecue for about 7-8 minutes on each side until golden brown. Drain on absorbent kitchen paper and serve immediately garnished with parsley.

## Spinach burgers

Makes 4-6 | Prep 20 mins | Cook 8-10 mins | Calories 306 (per burger)

4 tbsp vegetable oil

I onion, peeled, finely chopped 2 garlic cloves, peeled, crushed 240g (8oz) tinned chickpeas, drained 90g (3oz) spinach leaves, chopped

I carrot, peeled, grated

I tbsp gluten-free soy sauce

I tsp ground cumin

2 tbsp peanut butter

I tbsp nutritional yeast

40g (1½oz) chickpea flour

#### TO GARNISH

#### chives

- I Heat I tbsp oil in a frying pan and cook the onion until soft and translucent. Add the garlic and cook for I minute.
- 2 Add the chickpeas, spinach and carrot, then cook until the spinach is wilted and the carrot is softened.
- 3 Put into a mixing bowl and stir in the soy sauce, cumin, peanut butter, yeast and chickpea flour until well mixed. Set aside to cool.
- 4 Form the mixture into 4-6 thick patties.
- **5** Cook the burgers for 4-5 minutes on each side until browned on both sides.
- 6 Drain on absorbent kitchen paper and serve immediately on a bed of chives.



























## Vegan millet burgers

GF SF DF EF MF V

Makes 8 | Prep 15 mins | Cook 8-10 mins | Calories 90 (per burger)

I tbsp ground flax seeds 50ml (134fl oz) water 175g (6oz) cooked millet 2 tbsp carrots, grated I garlic clove, peeled, finely chopped ½ tsp ground cumin ½ tsp ground turmeric I tbsp chopped coriander

vegetable oil, for shallow frying

**TO SERVE** 

kohlrabi sauce herbs

- I Stir together the flax seeds and water and set aside to thicken.
- 2 Stir together the remaining ingredients until combined, then stir in the thickened flax seed mixture.
- **3** Shape into eight balls and press to flatten.
- **4** Cook the patties on the barbecue for about 4-5 minutes on each side until golden brown. Drain on absorbent kitchen paper.
- 5 Serve with kohlrabi sauce and herbs.













## Breakfast RECIPES



## Powerful quinoa porridge

By Bernadette Bohan

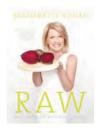


Serves I | Prep 5 mins | Cook 5 mins | Calories 376

80g (3oz) flaked quinoa 250ml (9fl oz) water a sprinkle of pumpkin seeds 2-3 stevia drops (optional)

- Warm the guinoa flakes and water in a small pan until it forms a nice, soft, creamy porridge.
- 2 Drizzle a few drops of stevia over the top, if desired, and sprinkle with pumpkin seeds.
- 3 Spoon into a bowl and serve.

The porridge recipe is taken from RAW Recipes for Radiant Living by Bernadette Bohan, published by Gill & Macmillan. (RRP €24.99).



The granola recipe is taken from Raw by Omid Jaffari, published by Murdoch Books. (RRP £20).















## Chocolate granola

By Omid Jaffari

GF DF EF MF V

Serves 4 | Prep 15 mins plus 4 hrs for dehydrating | Cook none | Calories 541 (per serving)

155g (5½oz) cashews 35g (1 1/4 oz) walnut pieces 30g (loz) pistachio kernels 25g (loz) cacao powder 35g (1 4oz) cacao nibs 60ml (2fl oz) coconut nectar

2 tbsp lucuma powder 500ml (17fl oz) cashew milk (see below)

**CASHEW MILK -**MAKES 700ML (24FL OZ)

155g (5½oz) cashews 625ml (21 1/2fl oz) water ½ tsp vanilla bean paste (see below)

1/4 tsp pink lake salt **FOR THE VANILLA BEAN PASTE -**MAKES 1.5KG (3LB 5OZ)

500g (IIb 2oz) vanilla beans I ltr (35fl oz) coconut nectar 250ml (9fl oz) rum

- I Put the nuts, cacao powder, cacao nibs, coconut nectar and lucuma powder in a large bowl and mix thoroughly.
- 2 Spread the chocolate mixture on a baking tray lined with baking paper and place the tray in a dehydrator for
- 3 Break the granola up and divide between four bowls. Pour the cashew milk over to serve.
- 4 For the cashew milk, put all the ingredients in a blender and blend until smooth. Refrigerate for 2 hours to chill or consume as it is.
- 5 For the bean paste, put half of each ingredient in a blender and blend on high for 4 minutes, stopping for about 20 seconds after each minute. Repeat with the remaining ingredients.













## Apricot, almond & sesame muesli bars

By Megan May GF DF EF MF

Makes 10 | Prep 20 mins plus 1 hr to chill | Cook none | Calories 407 (per bar)

120g (44/oz) dried activated almonds 225g (8oz) whole golden flax seeds 50g (13/4) sesame seeds finely grated zest of I large lemon 90g (31/40z) desiccated coconut 1½ tsp cinnamon a pinch sea salt 80g (23/40z) dried apricots 115g (4oz) raw honey 65g (2oz) raw tahini 60ml (2fl oz) cold-pressed coconut oil, melted

40g (1½oz) sour cherries or currants, optional

- Pulse the almonds in a food processor until lightly chopped. In a blender, pulse the flax seeds into a flour and place in a bowl with the chopped almonds, sesame seeds, lemon zest, desiccated coconut, cinnamon, sea salt and sour cherries or currants, if using.
- 2 Chop the apricots in a food processor and process into small pieces. They should be sticky (this will help hold the muesli bars together).
- 3 Place the honey, tahini and melted coconut oil in a bowl and mix until combined.
- 4 Mix the honey and tahini mixture with the dry mixture until well combined.
- 5 Line a 20x15cm (8x6in) tin with clingfilm or baking paper and spread the mixture out evenly. Place another piece of clingfilm or baking paper on top and press down firmly to ensure it's packed well.
- 6 Place in the refrigerator for I hour until firm. Cut into 10 bars and store in the refrigerator between sheets of baking paper for 2-3 weeks.

Recipe taken from The Unbakery by Megan May, photography by Lottie Hedley, published by Murdoch Books. (RRP £20).













## Hearty muffins

By Bonnie Matthews **GF DF MF** 

Makes 12 | Prep 15 mins | Cook 18-20 mins | Calories 316 (per muffin)

115g (4oz) polenta

45g (1½oz) quick-cook gluten-free oats 40g (1½oz) plus 2 tbsp sweet rice flour 75g (2¾oz) sorghum flour

75g (2¾oz) tapioca starch 75g (2¾oz) coconut sugar ½ tsp xanthan gum

I tbsp gluten-free baking powder 1½ tsp cinnamon

> ½ tsp pink salt 45g (1½oz) flax seeds 60ml (2fl oz) coconut oil 2 free-range eggs I tsp vanilla extract

225ml (8fl oz) almond milk 150g (51/20z) raisins 75g (2¾oz) pumpkin seeds

- Preheat the oven to 200°C/Gas Mark 6. Grease or line the holes of a 12-hole muffin tin
- 2 In a medium bowl, combine all the dry ingredients, except the raisins and pumpkin seeds.
- In a separate small bowl, whisk together the wet ingredients, then add them to the dry ingredients. Add in the raisins and stir until just moistened.
- Spoon the mixture into the muffin holes about threequarters full. Top with pumpkin seeds or a little coconut sugar.
- Bake in the oven for about 18-20 minutes, or until a toothpick inserted in the centre of a muffin comes out clean.







Salt

Sugar

6.lg Protein



## Summer morning bircher

By Natasha Perkins (www.rudehealth.com)



Serves I | Prep **5 mins** | Cook none | Calories 439

60g (2oz) Rude Health Bircher Soft & Fruity Muesli 80ml (3fl oz) Rude Health Coconut Drink I tbsp gluten-free red berry jam of choice

- Pour the bircher muesli into your favourite bowl and add the coconut drink. The muesli will soak up the liquid in seconds, so just add more if you like it wet.
- 2 Spoon the jam on top and enjoy.



## The breakfast oath loaf

By Natasha Perkins (www.rudehealth.com)



Serves 2 | Prep 10 mins plus 30 mins for soaking | Cook 30 mins | Calories 208 (per serving)

40g (1½oz) Rude Health Sprouted Oats

I I5ml (4fl oz) Rude Health Brown Rice Drink

- 2 free-range egg whites
- 2 bananas, peeled
- a little coconut palm sugar, to taste
- I tsp baking powder
- I tsp bicarbonate of soda
- Soak the oats in the rice milk for at least 30 minutes.
- 2 Preheat the oven to 180°C/Gas Mark 4. Mash the bananas, then add the egg whites and mix together.
- 3 Mix the oats, bananas and remaining ingredients together, place in a small loaf tin, cover with the foil, then bake in the oven for 20 minutes. Remove the foil, then bake for a further 10 minutes.

























## Raspberry turmeric smoothie

By Natasha Perkins (www.rudehealth.com)

GF DF EF MF V

Serves I | Prep 5 mins | Cook none | Calories 338

225ml (8fl oz) Pure Health Brown Rice Drink

I banana, peeled

45g (1½oz) frozen raspberries

2 tbsp hemp seeds

1/4 tsp turmeric

½ tsp cinnamon

3 collard greens stalks

- Blend all the ingredients together until thick and creamy.
- 2 Pour into a glass and place a few frozen raspberries on top.



## **Crêpes**

By Harriet Smith (www.harrietemily.com)

GF SF DF EF MF V

Makes 4-6 | Prep 15 mins plus chilling | Cook 3-4 mins | Calories 279 (per crêpe)

55g (2oz) buckwheat flour

55g (2oz) brown rice flour

30g (loz) quinoa flour

1/2 tsp gluten-free baking powder

I tbsp coconut sugar

435ml (15fl oz) almond milk

I tbsp olive oil

a pinch of salt

#### gluten-free jam, to serve

- I Mix together the flours, baking powder, coconut sugar and salt in a large mixing bowl. Stir to combine. Add the oil and the milk. Using a hand whisk, mix the batter together until smooth and fairly runny, adding in more milk
- 2 Lightly grease a frying pan with oil and place on a medium heat. Take a ladleful of mixture and pour onto the pan. Tilt your pan around in a circular shape until the mixture forms a fine/thin circle. Using a spatula, lightly scrape at the edges as it heats through. When the pancake has turned golden, flip and cook for a further minute or so. Remove from the heat and repeat these steps with the remaining batter, until all has been used up. Serve with a little jam, or whichever toppings you prefer.



































Liven up your lunch hour with a taste of summer...







## Roasted vegetable couscous

By Harriet Smith (www.harrietemily.com)

GF SF DF EF MF V

Serves 4 | Prep 15 mins plus chilling | Cook 25 mins | Calories 110 (per serving)

I courgette

I red pepper

60g (2oz) mushrooms

I onion, peeled

2 garlic cloves, peeled

2 tsp dried basil

2 tsp dried oregano

I tbsp sunflower oil

150g (5½oz) maize couscous

1/4 tsp ground cumin

#### salt and freshly ground black pepper, to taste

- Preheat the oven to 200°C/Gas Mark 4.
- 2 Add the courgette, onion, red pepper, mushrooms and garlic to a food processor and blitz until finely chopped into small pieces. Transfer the vegetables to a heatproof dish and drizzle with oil. Add the basil, oregano and a generous pinch of salt and pepper. Stir all of the ingredients together, then place into the oven and bake for about 25 minutes until soft.
- 3 Meanwhile, prepare the couscous by following the packet's instructions.
- 4 When the vegetables have cooked, remove them from the oven and pour the couscous on top, followed by the ground cumin and some extra salt and pepper to taste, if necessary. Mix all of the ingredients together and serve straight away warm, or move into the fridge to cool and enjoy later.

## **Meat pasties**

By Alison Beadle (www.sugarfreeme.org)

GF SF DF

Makes 6 | Prep 25 mins | Cook I hr | Calories 464 (per serving)

#### **FOR THE PASTRY**

225g (8oz) chickpea flour

110g (4oz) dairy-free spread

2 tsp xanthan gum

I free-range egg

I tbsp water

#### FOR THE FILLING

450g (IIb) lean steak or lamb

2 carrots, peeled

2 potatoes, peeled

I onion, peeled

#### salt and freshly ground black pepper

- For the pastry, mix the flour, gum, dairy-free spread and water until you get a soft dough. Split the dough into six portions, then roll into small dough balls. Roll out each portion into small 5mm (¼in) rounds. Preheat the oven to 180°C/Gas Mark 4.
- 2 Cut the carrots and potatoes into 5mm (¼in) cubes. Finely chop the onion.
- 3 Dice the meat up into small chunks, then mix with the carrots, potatoes and onion. Season with salt and pepper.
- 4 Add a good portion of the mixture to one side of the pastry, then fold the pastry over, pressing the edges together to seal. Beat the egg, then gently brush over the pastry. Bake in the oven for 20 minutes, then turn the heat down to 160°C/Gas Mark 2 and bake for another 40 minutes.





















# Tomato and oaty basil stack

By Natasha Perkins (<u>www.rudehealth.com</u>) **SF EF MF** Serves 4 | Prep 10 mins | Cook none | Calories 384 (per serving)

200g (7oz) Rude Health Rye Oatys I-2 beef tomatoes 2 handfuls of fresh basil leaves 2 tbsp grated Parmesan 2 large garlic cloves, peeled, crushed 50g (1½oz) pine nuts 50ml (1 1/2 fl oz) extra-virgin olive oil salt and freshly ground black pepper to taste

- I Place the pine nuts in a pan over a medium heat and toast until golden.
- 2 Combine the basil leaves, garlic, pine nuts, oil and Parmesan and blitz in a food processor until it becomes a thick paste. Add salt and pepper to taste.
- 3 Serve spread generously on Rye Oatys with a slice of tomato.















# Puff pastry pizza with Serrano ham

By Fria Gluten Free (www.fria.se/en) GF SF EF Serves 4 | Prep 15 mins | Cook 20 mins | Calories 360 (per serving)

1/2 a packet of Fria Gluten Free Puff Pastry 70g (2¾oz) rocket salad 200g (7oz) sun-dried tomatoes and cherry tomatoes, crushed to a paste 100g (31/20z) Serrano ham a bunch of fresh basil leaves a few sun-dried tomatoes

- Defrost the puff pastry in the fridge for at least 8 hours.
- 2 Preheat the oven to 200°C/Gas Mark 6. Place the puff pastry between two sheets of baking paper and roll it out about 3mm (1/8in) thick,
- 3 Peel off the top layer of paper. Spread the tomato paste on top. Leave about 1 cm (½in) clear on the sides. Transfer the pastry to an ovenproof tray, then bake in the middle of the oven for about 20 minutes, or until the pastry edges are golden. Leave to cool.
- 4 Top with rocket salad, sun-dried tomatoes and ham. Decorate with fresh basil leaves.













### Nectarine salsa

By Clare Sullivan (www.browsersgrazers.com)

GF DF EF MF V

Serves 2 | Prep 10 mins |

Cook 15-20 mins | Calories 225 (per serving)

500g (IIb Ioz) nectarines

2 red onions, peeled

I tbsp extra-virgin olive oil

I tsp cracked black pepper

2 tbsp mint leaves

I green chilli

- I Cut the nectarines in half and remove the stone. Slice each half into four large pieces. Cut the red onion into similar sized pieces.
- 2 Mix the nectarine and onion in a bowl with the oil and pepper. Heat a saucepan to a medium-high temperature.
- 3 Add the nectarine and onion to the saucepan and cook for 15-20 minutes, turning regularly. They will caramelize and blacken slightly – this is not burnt. If the fruit sticks to the pan add a little more oil.
- 4 Cool and chop into smaller pieces, then add the mint

# Chicken, coconut & rice noodle salad

By Kelly Black (www.eatpraycook.co.uk)

GF DF EF

Serves 3-4 | Prep 15 mins | Cook 8-10 mins | Calories 230 (per serving)

2 organic chicken breasts, sliced

I orange pepper, sliced

2 tomatoes, diced

I grated carrot

2 spring onions, chopped

½ a cucumber, grated

65g (21/40z) rice noodles

2 handfuls of watercress

juice of I lime

a large handful of chopped coriander

I red chilli, chopped

pink salt, to taste

4 tsp tamari

I tsp ginger

a large handful raw coconut chips

I tbsp coconut sugar

- I Fry the chicken for 8-10 minutes until tender. Cook the noodles as per the packet instructions, then set both aside to cool.
- 2 Shred the chicken and mix all the ingredients together in a bowl. Serve in a dish with some more fresh coriander and chilli.



















# Spinach and rice pie

GF SF DF MF

Serves 4-6 | Prep 30 mins plus 2 hrs for chilling | Cook 30-40 mins | Calories 571 (per serving)

### **FOR THE PASTRY**

345g (12oz) hard dairyfree margarine,
diced, frozen
135g (5oz) potato
starch flour
135g (5oz) cornflour
50g (1¾oz) brown
rice flour
50g (1¾oz) sweet
rice flour
2 tsp xanthan gum
½ tsp guar gum
I tsp salt
180ml (6fl oz)
chilled water

### FOR THE FILLING

2 tbsp olive oil 2 garlic cloves, peeled, finely chopped I onion, peeled, chopped I I 0g (4oz) long grain rice salt and freshly ground black pepper I I 0ml (4fl oz) water 560g (20oz) frozen chopped spinach, thawed and squeezed dry I large free-range egg, beaten 175g (6oz) feta style soya cheese, crumbled 25g (loz) pine nuts I tsp finely grated

lemon zest

- 6 Fold the bottom third of the dough towards the middle, then fold the top third on top of it. Rotate the dough one-quarter turn to your right (clockwise).
- 7 Roll out the dough gently as before, until smoother and more cohesive. Fold the bottom third up and overlap the top third over it. Rotate the dough one-quarter turn to your right (clockwise). Repeat the turning, rolling and folding process twice more.
- 8 Wrap the folded dough in clingfilm and chill for 2 hours.
- 9 Remove from the refrigerator and stand at room temperature for about 20 minutes.
- 10 Repeat the turning, rolling and folding process twice more. Wrap the dough in clingfilm and chill for a further 2 hours, then stand at room temperature for about 20 minutes before using.
- I Preheat the oven to 220°C/Gas Mark 7. Grease a 23cm (9in) pie dish or tin
- 12 Roll out just over half the pastry on a lightly floured surface and use it to line the tin. Prick the base lightly all over with a fork. Bake in the oven for 10 minutes, then remove from the oven. Press the pastry base down with your fingers and set aside.
- 13 For the filling, heat the oil in a large frying pan and cook the garlic and onions for about 5 minutes until softened.
- 14Stir in the rice and ½ tsp salt to combine. Add the water, cover, reduce the heat to low and cook for about 10 minutes, until the rice is tender but not mushy.
- **15** Add the spinach and cook, stirring, for 2-3 minutes until the spinach is wilted. Tip into a large bowl to cool.
- 16 Stir in the egg, then the soya cheese, pine nuts and lemon zest. Season to taste with pepper.
- 17 Spoon the filling into the pastry case.
- 18 Roll out the remaining pastry to cover the pie and lightly brush the edges with a little beaten egg. Place over the filling, pressing the edges to seal. Brush with egg and make a hole in the centre of the pie to allow the steam to escape.
- 19 Bake in the oven for 20-30 minutes until golden. Serve hot or warm.

For the pastry, mix together the potato starch, cornflour, brown rice flour and sweet rice flour in a mixing bowl and whisk to combine.

- 2 Add the xanthan gum, guar gum and salt and stir well.
- 3 Add the frozen margarine and mix with an electric whisk on the lowest speed, until the edges of the margarine pieces have started to soften. Pour in the water and mix until absorbed.
- 4 Turn out the mixture onto a large sheet of non-stick baking paper and knead it with your hands, just enough to bring it together.
- 5 Place another sheet of baking paper on top and gently roll the dough out to a rough rectangle, taking care not to roll over the edges.













# Quinoa cakes

Makes 6 | Prep 20 mins | Cook 14-20 mins | Calories 199 (per cake)

175g (6oz) cooked quinoa 2 large free-range eggs, beaten 1/4 tsp salt I small onion, peeled, finely chopped 100g (3½oz) vegan cheese, grated I garlic clove, peeled, finely chopped 50g (13/oz) gluten-free breadcrumbs, more if needed water, if needed

> vegetable oil, for shallow frying **TO GARNISH**

herbs, rosemary, tarragon, thyme

Combine the quinoa, eggs, and salt in a mixing bowl.

2 Stir in the onion, cheese, and garlic. Add the breadcrumbs, stir, then leave to stand for a few minutes until the moisture is absorbed. Add more breadcrumbs to firm up the mixture if necessary, or a little water to moisten the mixture.

- 3 Shape into six small patties.
- 4 Heat the oil in a frying pan over a medium-low heat.
- 5 Add the patties and cook for 7-10 minutes until the base is browned. Turn over and cook for a further 7 minutes, Drain on absorbent kitchen paper and garnish with herbs.















# Tomato and white peach salad

By Lisa Roukin GF EF MF

Serves 4 | Prep 30 mins | Cook 5 mins | Calories 339 (per serving)

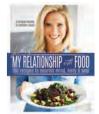
6 large tomatoes, skinned and de-seeded 3 white peaches, each cut into 12 slices 125g (4½oz) soft & creamy goat's cheese 6 basil leaves, thinly sliced a handful of chives, chopped 2 tbsp extra-virgin olive oil 2 tbsp toasted pine nuts I tbsp pumpkin seeds I-2 tsp agave nectar sea salt and freshly ground black pepper **TO GARNISH** 

> a few basil leaves red garnet micro herb

- I To remove the skin from the tomatoes, bring a large pan of water to the boil, and have a large bowl filled with ice cold water on the side. Cut a very shallow X on the top and bottom and drop them into the boiling water three at a time. Using a slotted spoon, remove the tomatoes after 20-30 seconds and place into the prepared bowl of ice water. Let the tomatoes sit for at least 5 minutes.
- 2 Once the tomatoes have been chilled, remove, then peel. If the skin is stubborn, use a small sharp paring knife, being careful not to squeeze the tomato. Cut each tomato into quarters, then use a small knife or a teaspoon and scoop the seeds out. Cut each quarter in half and place in a large mixing bowl. Season with sea salt and black pepper. Add olive oil, chopped chives, sliced basil and mix well.
- 3 Remove the peach stone by cutting the peach in half, then cut each half into six slices. Add to the tomatoes.
- 4 Toast the pine nuts in a non-stick dry frying pan over a medium heat. Keep shaking to prevent burning. Place in a small bowl and add the pumpkin seeds.
- 5 To serve, place the tomatoes and peaches on a large platter, then scatter over the pine nuts, pumpkin seeds and goat's cheese. Drizzle the agave nectar and garnish with basil sprigs and red garnet microherb.

TIP Savoury peach dishes aren't usually the first to come to mind, but they are a fruit that goes beautifully with many cheeses and herbs.

Recipe taken from My Relationship with Food by Lisa Roukin, photography by David Munns. Readers can buy the book from myrelationshipwith food.com. (RRP £25).













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N MY IDEAL WORLD, EVERYONE would eat gluten-free and we would never have to worry about getting ill through cross-contamination. Because of this, I love to host my own events where I can control every aspect of the food that goes on the grill, and give suspicious side eyes to any oblivious guests who bring glutencontaining foods to the party.

It is definitely possible to host an entirely gluten-free barbecue with no complaints from gluten-eaters; in fact, that is what inspired me to write my latest book, Gluten-free Bites: Backyard BBQs (available from www. thehappycoeliac.com). However, there will be plenty of occasions where you won't have much, if any, control over the menu. This can be a bit nerve wracking if you are a coeliac or very sensitive to gluten, but by following some simple guidelines, you can ensure that you stay safe and don't accidentally get glutened!

### When hosting barbecues yourself

It is extremely important that any tools/surfaces that have been exposed to gluten in the past are thoroughly cleaned. This is especially important for the grill itself, as heat doesn't destroy gluten. You'll need to get ready with a wire brush, some BBQ cleaner and plenty of elbow grease.

If you can't get it clean enough, place a couple of layers of aluminum foil on the grill to make a 'glutenfree section'. Make sure it is securely fastened so that it doesn't get caught in the wind. Anyone who cooks at the BBQ should be aware of this section.

Alternatively, if your BBQ has two cooking racks, consider designating the

upper rack for gluten-free food only, so that food cannot drip or fall through and contaminate the food below. Just be sure that this is an actual cooking rack and not a rack to keep food warm once cooked! If the latter, I would suggest using aluminium foil as mentioned before.

If everything going on the actual grill is gluten-free (and you've checked all the sausages, burgers and anything with a marinade), consider keeping any gluten-containing foods like burger buns on a separate table to the rest of the food. Breadcrumbs are insidious,

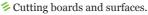
Sometimes you have to be your own coeliac ambassador...

and a source of great anxiety to coeliacs. A gust of wind could mean our plate is covered in crumbs.

Be careful about your use of tongs and utensils. If possible, use two sets of utensils, and be sure to only use the gluten-free set for the gluten-free food.

### This applies to:

- Cutlery and tongs.
- Racks/grills.
- Basters and brushes.
- Anything that touches marinades or sauces.
- Serving trays and containers.



- Condiments (consider a squeezy bottle style instead of something you need to spoon out).
- And don't forget about your hands!

### When attending barbecues hosted by others

I get pretty nervous when other people are in charge, but I have found that if I help supervise 'my' section, they are also a lot more at ease. Communicating with your host is key - make sure they understand what you can and can't eat and explain about cross contamination. Sometimes you have to be your own coeliac awareness ambassador!

If you think it's going to be risky, either because it's a larger event or because the host doesn't really understand your needs, consider your options. Bringing along a small disposable BBQ is probably the easiest and cheapest way to ensure your safety. If you really love to barbecue, there are many smaller travel-size BBQs that might be a better investment in the long run, as well as better for the environment than disposable barbecues which can only be used once.

Sometimes it's not always possible to communicate with the host beforehand, so there's no shame in bringing a cool box with some food you have prepared earlier.

For more information, visit www.thehappycoeliac.com



Samantha Stein blogs at The Happy Coeliac (www. thehappycoeliac. com) and her latest book "Gluten-free Bites: Backyard BBQs" is available now. If you are bored of bland burgers and suspicious sausages why not get inspired with one of her mouthwatering recipes?

### **QUICK AND EASY GLUTEN-FREE BBQ IDEAS**

### Kebabs - you can pretty much kebab anything if you stick to these three principles:

- Pre-soak your wooden skewers
- Cut everything up into equal sizes
- Don't crowd the skewers with too much food

### Why not try the following kebab combos?

- Steak, bell peppers and red onion
- Salmon and lemon wedges
- Gammon and pineapple
- King prawn, lime and coconut pieces
- Mushrooms and halloumi cheese
- Butternut squash and baby potatoes with rosemary

- Potato salad
- Quinoa with roasted vegetables
- Mexican tortillas (the 100% corn variety) - to house your grilled meat and salad!
- Spicy rice
- Grilled fruit with some ice cream is a great way to end your meal. and this works especially well with peaches, pineapple rings or bananas



# My free-from life...

## Founder of The Bristol Bakehouse, Abi Walsh reveals how it all began...

VE ALWAYS MADE CAKES, WHEN I was eight years old I made a heartshaped cake and iced it in the tin, ready for Mothering Sunday. Sadly, I didn't know about cake testing and the inside was raw. But you live and learn (to eat the outside of a cake!)

When I got older, I'd make really weird cakes, like armchairs and cat food tins. Mercifully, they didn't actually contain inedibles (like sofa stuffing) and they got fantastic reactions from their recipients. When I did a snakes & ladders board for my grandfather's 90th, someone suggested I start my own business.

Of course, I just thought they were being nice, and I was far too young to know anything about doing business, so I brushed the idea aside.

Two years later, coeliac disease struck. To begin with, it was infrequent, but after a while the pain got worse and worse. I was always bloated and looked like I was five months pregnant - baggy clothes and hot water bottles were my best friends.

I would have done anything to be healthy. I kept being given different diagnoses and would religiously follow new instructions to the letter. One of the first ideas was that it was a stomach ulcer so I cut out fat. No change. Then it was endometriosis. Then IBS.

It was the 1990s which meant there wasn't the option of trawling the internet for help. Instead, I was completely reliant on doctors, and for a long time it seemed like they couldn't be of benefit, and I was constantly in pain.

All in all, it took three years, multiple trips to casualty and a needless hospital operation under general anaesthetic before a doctor finally diagnosed me (aka the start of something wonderful... my life back!).

It wasn't long before I was back to my old self. Except that my old self no longer existed. New self had a diet to deal with, and new self kept finding obstacles, like 'what to eat at lunch'. New self ended up doing a lot of

I was bloated and looked like I was five months pregnant.
Baggy clothes and hot water bottles were my best friends...

research, since no-one else seemed to know much (or if they did, they weren't letting on).

But it wasn't all tough. Before I knew it, I'd lost weight. Me! The one who was always on failed diets. And I was a size 10. The joy!

Of course, once you've paraded your new figure around town once or twice, the sensible thing is to get back to cake, and boy, did I get back to cake.

No, I didn't become a tubster! I just learned how to make a decent cake again, and it took years.

In my defence, the gluten-free flours back then were awful. One brand was actually grey. It was no wonder cakes tasted, well, rubbish.

And then demand for gluten-free grew and the flours got better and before I knew it, I was making my first

wedding cake. Did anyone notice it was gluten-free? I don't think so. Someone mentioned to me it was 'rather boozy', which was a slight understatement as I'd been feeding it week after week with an entire bottle of brandy.

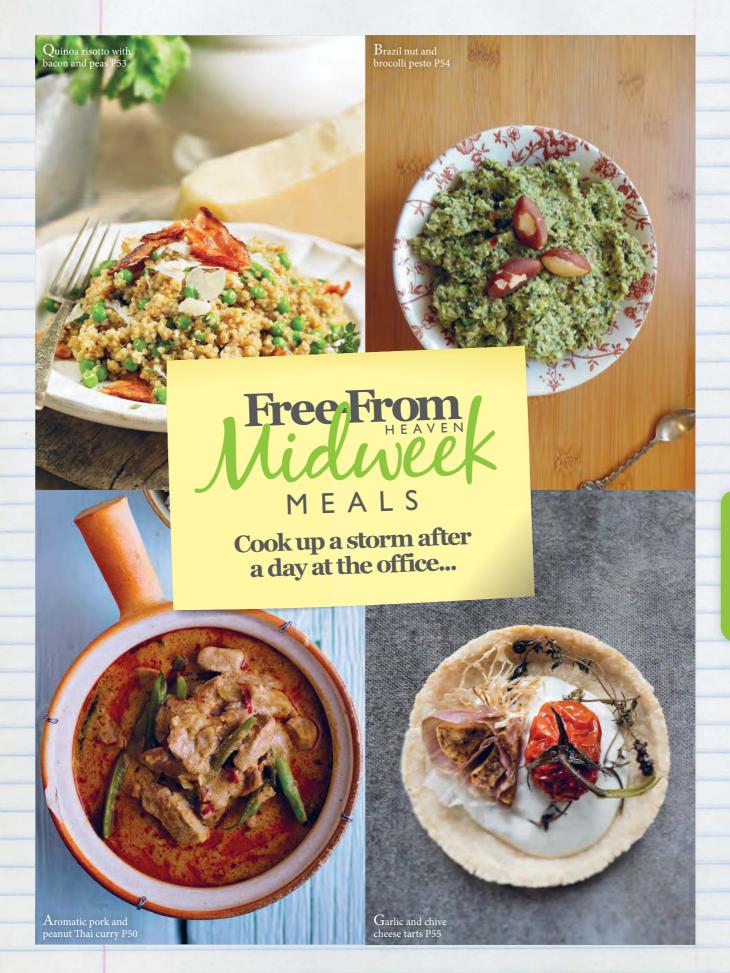
It still took another 18 months for me to start the business, though.

The Bristol Bakehouse was born because there wasn't enough fresh delicious gluten-free cake around, and I knew I was the right person to rectify that. And when I started doing glutenfree, I realised there were lots of other free-from aspects to explore, too, and it wasn't long before I'd perfected gluten-, wheat-, dairy- and egg-free cakes. That's right: free-from pretty much everything, and all made in a glutenfree environment.

Not only that, but the cakes are modern and some involve the most exquisite sugarcraft. There are days when I spend four hours making a peony. Sometimes people drive hundreds of miles to get a wedding cake. I mean, where else can you get a gluten-free vegan four-tiered cake which looks and tastes amazing?

We're finalists in the Best Food & Drink Business Awards this year and I'm thrilled. My goal for The Bristol Bakehouse is to franchise it out so there are Bristol Bakehouses all over the UK. It'll mean wherever you live you'll be able to get a delicious fresh cake locally and know it's safe for you to eat. So watch this space - amazing free-from cakes from The Bristol Bakehouse could be coming to a town near you!

**Need cake? Visit** www.thebristolbakehouse.com



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# Aromatic pork and peanut Thai curry

By Dean Edwards for Groovy Food (<a href="https://www.groovyfood.co.uk">www.groovyfood.co.uk</a>)



Serves 4 | Prep 25 mins | Cook 25 mins | Calories 510 (per serving)

400g (14oz) pork tenderloin, thinly sliced

- I tbsp Groovy Food Virgin Coconut Oil
- I onion, peeled, diced
- 4 garlic cloves, peeled, crushed
- I red chilli, diced
- I thumb-sized piece of ginger, peeled and grated
- I stick of lemongrass
- 2 tbsp gluten-free red Thai curry paste
- 2 tbsp unsweetened peanut butter
- 400ml (14fl oz) gluten-free chicken stock
- 400ml (14oz) tin of coconut milk
- I tbsp gluten-free soy sauce
- 2 tbsp Groovy Food Agave

Nectar Light and Mild

150g (5½oz) fine green beans iuice of 1-2 limes

### a small bunch of fresh coriander

- Put a tablespoon of coconut oil into a pan, then fry the onion, garlic, chilli, lemongrass and ginger for about 5 minutes until softened. Add the curry paste and peanut butter, then continue to cook for 2 more
- 2 Pour in the coconut milk, stock and soy sauce and bring up to a gentle simmer.
- 3 Add the pork into the pan and cook for 10 minutes, then add the beans and continue to cook for 5 minutes.
- **4** Balance the flavours in the dish by adding a good squeeze of lime juice and agave to taste.
- 5 Stir through some fresh coriander, before serving with a side of rice.











# Garlic and caramelized onion bhajis

By Louise Blain



Makes 6 | Prep 20 mins | Cook 5 mins | Calories 190 (per bhaji)

2 tbsp extra-virgin olive oil

I onion, peeled, sliced

2 garlic cloves, peeled, sliced

I tsp cumin seeds

2 tbsp fresh coriander, chopped 200g (7oz) gram flour

I tsp bicarbonate of soda

½ tsp salt

### 250ml (8fl oz) water

- I Heat half the oil in a non-stick frying pan, add the onion, garlic and cumin, then fry for 5-6 minutes until golden and softened.
- 2 Stir through the coriander.
- 3 Mix together the flour, bicarbonate of soda, salt and water and set aside for 10 minutes. Stir through the onion mixture.
- 4 Heat a little of the remaining oil in the frying pan and add spoonfuls of the mix, frying for 2-3 minutes and turning halfway through cooking. Repeat with the remainder of the mixture in the same way.



Recipe taken from Great Gluten-Free Baking by Louise Blair, published by Octopus. (RRP £12.99).

























# Asparagus & bacon frittata

By Lyndsey Garrett (<u>www.lustcallmeLynz.blogspot.co.uk</u>) **GF SF DF** Serves 4 | Prep 15 mins | Cook 20 mins | Calories 222 (per serving)

15 asparagus tips 3 spring onions, thinly sliced 5 cherry tomatoes, halved 100g (31/20z) bacon, diced 5 free-range eggs, beaten salt and freshly ground black pepper

- Bring a saucepan of water to the boil and add the asparagus. Simmer for 4 minutes, then drain and put the asparagus into a bowl of cold water. Lightly fry the bacon until crisp. Place on kitchen roll to soak up any juices.
- 2 Grease a 20cm (8in) pie dish. Preheat the oven to 180°C/Gas Mark 4. Drain and dry the asparagus on some kitchen roll.
- 3 Lay the spring onions on the bottom of the pie dish and arrange the asparagus on top. You may need to trim the ends accordingly so they fit. Sprinkle on the crispy bacon.
- 4 Pour over the beaten eggs. Arrange the cherry tomatoes on top and season with salt and pepper.
- 5 Bake in the oven for 20 minutes, or until golden brown on top. Enjoy hot or cold.



# Fennel, spinach and leek crostata

By Erin McKenna GF DF EF MF V

Serves 10 | Prep 30 mins plus chilling | Cook 25-30 mins | Calories 460 (per serving)

55g (2oz) olive oil I large fennel bulb, cored, roughly chopped 2 large leeks, white parts only, thinly sliced I garlic clove, minced 120g (4oz) baby spinach salt and freshly ground black pepper I recipe All-Purpose Puff Pastry Dough (see below) I tbsp thyme leaves I tbsp sage leaves, chopped

### **FOR THE ALL-PURPOSE PUFF PASTRY DOUGH**

280g (93/4oz) Bob's Red Mill Gluten-Free All-**Purpose Baking Flour** 50g (1½oz) gluten-free oat flour 150g (51/20z) arrowroot 70g (2¾oz) vegan sugar 2 tsp salt

21/4 tsp active dry yeast 2 tsp xanthan gum I tsp gluten-free baking powder 420g (I5oz) coconut milk 115g (4oz) coconut oil, melted 250g (9oz) butter, chilled (see below)

### **FOR THE BUTTER -**MAKES 700G (ILB 80Z)

335ml (Iloz) coconut oil, melted 225ml (8fl oz) canola oil 225ml (8fl oz) rice milk 55ml (2fl oz) coconut milk I tsp agave nectar 2 tsp sunflower lecithin I tbsp salt 2 tsp xanthan gum I tbsp lemon juice

- I For the dough, whisk together the flours, arrowroot, sugar, salt, yeast, xanthan gum and baking powder. Pour in the coconut milk and oil and stir into a thick dough. Wrap the dough in clingfilm and refrigerate for 2 hours.
- 2 For the butter, line a dish with parchment paper, Combine the coconut oil and canola oil. Blend the rice milk, coconut milk, agave nectar, sunflower lecithin, salt and xanthan gum. Add half the oil mixture, the lemon juice, then the remaining oil mixture. Pour the mixture into the dish and chill for 3-4 hours. Chop into 2.5cm (1in) cubes.
- Blend the dough and the butter until the dough is freckled with butter. Wrap in clingfilm and refrigerate for I hour.
- 4 Line a baking sheet with parchment paper and set aside.
- 5 Heat 2 tbsp olive oil in a pan over a medium heat. Add the fennel and leeks and cook for 4 minutes, stirring occasionally. Add the garlic and spinach and cook for 1-2 minutes until wilted. Season with salt and pepper and drizzle with the remaining olive oil. Allow to cool for 15 minutes. Preheat the oven to 200°C/Gas Mark 6.
- 6 Between two pieces of parchment paper, roll the chilled dough into a 1cm (½in) thin circle. Remove the paper and transfer to the baking sheet. Pour the vegetables into the centre and spread out to cover the surface, leaving a 1.5cm (¾in) border. Fold the edges of the dough towards the centre. Sprinkle the thyme and sage on top.
- 7 Bake in the oven for 15 minutes, then rotate the baking sheet 180 degrees. Bake for another 10 minutes until the crust is golden. Allow the crostata to cool on the baking sheet for 15 minutes before serving.

Recipe from Bread & Butter by Erin McKenna, photography by Davide Luciano, published by Clarkson Potter. (RRP £20).













# Everyday Gluten-Free Convincion 281 delicious whole-grain recipes Comilla V Saulsbury

Recipe taken from Bob's Red Mill Everyday Gluten-Free Cookbook by Camilla V Saulsbury, published by Robert Rose. (RRP \$24.95).

# Quinoa risotto with bacon and peas

By Camilla V Saulsbury GF SF EF

Makes 6 | Prep 10 mins | Cook 20-25 mins |

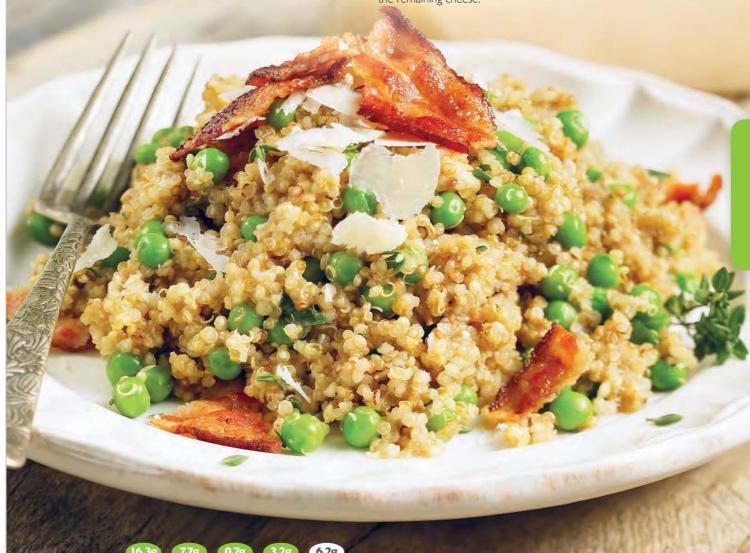
Calories 430 (per serving)

3 slices of thick-cut bacon, chopped
300g (10½oz) quinoa, rinsed
I tsp dried thyme
125ml (4½fl oz) dry white wine
500ml (18fl oz) gluten-free
vegetable stock

vegetable stock
250g (9oz) frozen peas, thawed
250g (9oz) Parmesan cheese, grated
60g (2oz) fresh flat-leaf parsley
I tbsp freshly squeezed lemon juice
sea salt and freshly cracked
black pepper, to taste

- In a large saucepan, cook the bacon over a medium-high heat until crisp. Using a slotted spoon, transfer the bacon to a plate lined with paper towels. Drain off all but I tbsp fat.
- 2 Add the quinoa to the pan and cook, stirring, for 1 minute. Add the thyme and wine. Cook, stirring, for 3-5 minutes or until the liquid has evaporated.
- 3 Stir in the stock and bring to a boil, stirring often. Reduce the heat and simmer, stirring occasionally, for 12 minutes.
- 4 Stir in the peas, half the cheese, parsley and lemon juice. Simmer for I minute or until heated through. Season to taste with salt and pepper. Serve sprinkled with bacon and the remaining cheese.

FREE-FROM IULY 53





# Brazil nut and broccoli pesto

By Sarah Howells (<u>www.theglutenfreeblogger.com</u>) **GF SF EF MF** Serves **7-8** | *Prep* **5 mins** | *Cook* **7 mins** | *Calories* **193** (per serving)

200g (7oz) broccoli
40g (1½oz) Brazil nuts
40g (1½oz) pine nuts
40g (1½oz) hard goat's cheese
6 tbsp extra-virgin olive oil
40g (1½oz) black olives, pitted
a pinch of salt
a pinch of chilli flakes

- I Steam the broccoli for 7 minutes, remove from the pan and leave to cool.
- 2 Add all of the other ingredients to a blender along with the broccoli and blitz. Either leave with some chunky, nutty bits, or blend until as smooth as possible.
- 3 This pesto can be stored in the fridge add some extra olive oil on top to keep it for even longer.













## Garlic and chive cheese tarts

By Omid Jaffari GF SF DF EF MF V Makes 4 | Prep 35 mins plus 24 hrs for chilling | Cook none | Calories 683 (per serving)

### FOR THE BASES

310g (Iloz) cashews 2 tbsp water I garlic clove, peeled I tbsp extra-virgin olive oil 1/2 tsp pink lake salt 4 dry garlic cloves, peeled, thinly sliced, to serve, plus extra for garnish 4 dried tomatoes, to serve

- For the bases, put the cashews in a food processor and process for 10 seconds. Put the ground cashews in a bowl with the water and knead until it forms a dough. Finely grate the garlic and add to the dough with the olive oil and salt, Knead to combine.
- 2 Place four 8cm (31/4 in) rings on a baking tray lined with baking paper and divide the mixture evenly between the rings. Place the baking tray in a dehydrator for 4 hours. Remove the tray from the dehydrator and remove the rings from the tarts. Return the tray of tarts to the dehydrator for a further 2 hours.
- 3 For the garlic and chive cashew cheese, put the cashews and water in a blender and mix for about 30 seconds until you have a smooth paste. Break the probiotic capsule in half and add the contents to the cashew mix. Blend on low for 20 seconds, taking care not to overheat. Pour into a glass bowl, cover with baking paper, and use masking tape to seal the top. Set the bowl aside in a warm place for 15 hours to culture. Check every few hours to ensure you achieve the right consistency. Transfer to a food processor with the remaining ingredients and process for
- 10 seconds. Refrigerate for 24 hours before consuming. 4 Gently combine the cheese and garlic in a medium bowl.
- 5 Spread a quarter of the cheese mixture on each tart base and place a tomato on top of each.
- 6 Garnish with dehydrated garlic if desired. Serve immediately.

200g (7oz) garlic and chive cashew cheese (see below)

FOR THE GARLIC AND **CHIVE CASHEW CHEESE -**MAKES 625G (ILB 6OZ)

195g (7oz) cashews 250ml (9fl oz) water I probiotic capsule 125ml (4fl oz) extra-virgin olive oil 30g (loz) finely chopped 80ml (21/2fl oz) lemon juice 3 garlic cloves, peeled, grated I French shallot, grated







½ tsp pink lake salt

½ tsp freshly ground black



pepper





# Crispy stuffing balls

By Patti Stoley **GF SF DF MF** 

Makes 15-20 | Prep 25 mins | Cook 20-25 mins | Calories 98 (per ball)

100g (3½oz) carrots, peeled I ripe plantain

I onion, peeled, chopped 3 garlic cloves, peeled, minced 3 tbsp rapeseed oil

oil, to shallow fry and brush

25g (loz) stem ginger, sliced and chopped, optional 50g (2oz) gluten-free breadcrumbs 100g (3½oz) hazelnuts, chopped freshly grated zest of I orange I free-range egg, beaten salt and freshly ground black pepper

- Preheat the oven to 200°C/Gas Mark 6.
- 2 Slice the carrots, steam until just tender, then finely chop.
- 3 While the carrots are steaming, cut off and discard the plantain ends. Slice in half crossways and then lengthways. Discard the skin, then steam for 5-8 minutes. Mash and
- 4 Heat a pan, add the oil and fry the onions and garlic until the onions are soft and translucent, then put them in a bowl to cool.
- 5 Add the remaining ingredients, carrots and plantain, season and mix together.
- 6 Using damp hands, roll scoops of stuffing into truffle-size balls. Arrange them on a tray lined with parchment paper, brush with oil, then bake in the oven for 20-25 minutes until golden.
- 7 Serve with roast meats.

Recipe taken from A Date with Plantain by Patti Sloley, published by Emmalily. (RRP \$33).













# Photo © Holland & Barrett

# In the kitchen with. Holland & Barrett

Having opened its first concept free-from store in Chester, H&B look to up the ante...

HOLLAND & BARRETT MORE IS THE UK's first concept store with a dedicated free-from food section, offering customers with allergies and intolerances over 700 free-from food products in store and over 1,000 products online (and 3,000 by the end of the year).

# What were the driving factors for H&B to launch its Free-From store in Chester?

One of the main drivers for the new free-from proposition was the personal experience of CEO Peter Aldis and fellow Board Director Emma Cockerill, Free-From project lead and Director of Sales and Procurement. Both have young children with food allergies. Peter has learned how to cope with a young son with a nut allergy, while Emma discovered her young daughter was allergic to dairy, soya and nut when she went into an anaphylactic shock at just a few months old.

Emma says: "The Free-From launch is incredibly important to me personally, but also to Holland & Barrett as a health food business. I've seen first-hand how serious an allergic reaction can be and I know how difficult it is to cater every day for an allergy diet. Our goal at Holland & Barrett is not only to ensure that everyone around the country has quick and easy access to a wide range of free-from food, but as a leading health food retailer, we also see it as our duty to support the allergy and intolerance community and make sure they have access to as much resource as they need."

CEO Peter Aldis adds: "I am one of the two directors on our board that have children with diagnosed complex food allergies, and we have first-hand experience not only of the worry this causes parents, but the very real practical challenges involved in day-to-day shopping, making sure the food we put on our plates is safe for our children to eat. In addition, the speed of growth of free-from has seen it transform from what was once regarded

as a nutritional niche into a mainstream shopping option. We already have more high street stores than many of the big supermarkets, and the 50 new concept stores we have planned for the next two years will help ensure we can deliver against our ambition to become the largest free-from retailer in the UK."

# hat has the initial response been like to the store?

On the day of the launch, Holland & Barrett hosted a big free-from tea party on Chester High Street, to show local residents how great free-from food tasted and how much choice was available. There was a fantastic buzz around the store on the day and feedback was extremely positive with many people trying free-from foods for the very first time and were very impressed. For allergy sufferers, they were excited to see such a wide range of foods available on their doorstep and also available to order online.

### s this a market that H&B envisages is going to continue to grow?

According to Mintel, the UK free-from category continues to show impressive growth, with market values doubling from 2009 to reach £365 million in 2014, and forecast to grow by a further 50% by 2019 (to £550 million). One in 10 new food products launched in 2014 were gluten-free, nearly double what it was two years ago.

Peter Aldis says: "With our heritage and market positioning, this is a natural territory for Holland & Barrett to lead. We are seeing a significant change in consumer trends in this market alongside an explosion of new free-from products, with many of those on our shelves being produced by small British businesses."

ow much information is there out there for the free-from sector? How can the awareness increase?

As part of the free-from launch,



New research from Holland & Barrett also shows that although 53% of the population knows someone living with a food-related allergy or intolerance, 35% of people think sufferers make an unnecessary fuss over food allergy, 61% don't view food intolerance as a serious condition and 24% have no empathy with those with a food allergy or intolerance. Lindsey McManus, Deputy CEO of Allergy UK says: "A third of households are now affected by food allergy or intolerance, and it is well known that some allergies can be fatal. What this new research shows is that the public fail to appreciate the much broader extent of food allergy and intolerance, and the impact the conditions have on the lives of sufferers and their families.

To find out more, visit www.hollandandbarrett.com



# Joing onholiday with allergies

Allergy UK's nurse advisor Amena Warner takes us through the essential steps to follow before embarking on your summer break...



Amena Warner is the nurse advisor for Allergy UK, the leading national charity providing advice, information and support for those with allergies and food intolerances.

STHMA, HAY FEVER and rhinitis may all be problematic while on holiday. Symptoms of hay fever due to grass and tree pollens are usually improved when holidaying by the seaside, as the pollens are blown inland from the sea breeze. It is always advisable to make sure you take all your medications to control symptoms with you whether you holiday in the UK or abroad, as you may have difficulty sourcing it quickly if you forget it. For example, if you are in the countryside, in the height of the pollen season, a thunderstorm can make asthma symptoms much worse, with hospital admissions increasing during these times (a phenomenon named 'thunderstorm asthma').

If you have any preventative medication such as steroid nasal spray, an inhaler or a combination one, then it is important that you make sure you have enough in the container to last the whole holiday. Always check that

your medication is within the expiry date before you travel, so that if it will expire or has expired you will have enough time to organise and collect a repeat prescription before your holiday. If your medication is in a liquid form (particularly if you are responsible for children's medication), remember to take a copy of

the prescription to show when going through airport scanning procedures.

Asthma can sometimes also be worsened by feather bedding or high levels of dust mites in your holiday accommodation, or even the stress of travelling. So the top tip is to

> remember to take all your medication, use it promptly and know how and

Health Insurance card). This will give you free emergency care, but not ongoing healthcare. If you are admitted to hospital and require treatment or an operation you need travel insurance to cover your health needs as it can be very costly. Visit www.nhs.uk/ healthcareabroad to find out more

Allergen information has to be made

available on all food products and dishes that are sold

or supplied by an outlet...

information on this. The emergency number while abroad in many countries, to get help, is 112.

If you have a food allergy or intolerance, translation cards are available from the Allergy UK helpline (01322 619898), with over 70 allergens that can be

translated into 36 different languages. They inform restaurants what foods you have to avoid, and make eating out or sourcing food from a supermarket easier when abroad. New EU legislation for food labelling of the 14 most common food allergens came into effect in December 2014. This means

that allergen information has to be made available on all food products and dishes that are sold or supplied by an outlet, such as a restaurant or hotel. This information helps customers with allergies to assess whether there are dishes that are suitable for them to eat without the fear of an allergic reaction. If you or your child has a food allergy, it is always best to ask for the list of ingredients of the foods you may be thinking of eating, so you can avoid accidental exposure to an allergen. The 14 foods are; peanut, tree nuts, fish, milk (and milk products), egg, wheat, soya, lupin, celery,



shellfish, mustard, sesame seeds, cereals containing gluten, and molluscs (mussels etc).

Translation cards can also inform people that you are at risk of anaphylaxis (severe life-threatening reactions) and if you are carrying an adrenaline auto injector. If you have been prescribed an adrenaline auto injector make sure you know how to use it before you travel. The company that makes your auto injector has 'how to use this device' procedures on their website or you can always call the Allergy UK helpline for more information – if you have not been shown how to use it by whoever prescribed it to you or any other nurse/ doctor or pharmacist, with this knowledge.

# People with allergies often worry about:

- Restaurants not taking allergies seriously enough.
- Most catering staff not understanding allergy or allergen contamination in the kitchen and from staff handling and serving food, i.e. using the same spoon for serving different dishes, and the potential for cross contamination.
- Experiencing an allergic reaction when they are out and if they would get appropriate help and prompt treatment.
- The journey, especially on aeroplanes, food that is served, cross contamination or being in closed confines of the cabin with allergens such as peanuts, particularly those who are at risk of severe allergic symptoms such as anaphylaxis.

Research shows that surface contamination of allergens can be minimised by wiping surfaces such as tray tables and arm rests on airplanes etc, as well as the good practice of hand washing before eating.

Eczema may also flare up while on holiday, so be prepared for this by making sure your sunscreen

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and after sun lotions are ones you have used before and you know that it doesn't aggravate your skin. If in doubt, test it on your skin well before you travel.

Having eczema means that when the skin barrier is damaged, moisture evaporates and this makes the skin more susceptible to allergens and irritants. This irritation can trigger the skin to release certain chemicals that make the skin itchy. If you scratch, more chemicals are released and the skin feels even itchier. This scratch and itch cycle can be most distressing.

### Known triggers (or aggravating factors) for eczema in some people include:

- Dry skin.
- Scratching (night gloves and clipped fingernails may be needed in young children).
- Viral or bacterial infections.
- Swimming in chlorinated swimming pools.
- Playing in sand and particularly sandpits.
- Sitting directly on carpets or grass.
- Inhalant allergens worsening of eczema in spring and summer may also be due to pollen sensitivity.

But with good planning and knowledge, you can enjoy a relaxing and well deserved holiday.

Allergy UK has an information leaflet specifically for travelling, so please visit the website www.allergyuk.org to view and download it.







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# Something for the weekend

Reap the rewards by going that extra mile...



# Smoky quesadilla melts with chicken, coriander & avocado

By Lesley Waters SF DF

Serves 4 | Prep 25 mins | Cook 20-25 mins | Calories 676 (per serving)

8 flour tortillas

I Place four of the tortillas on a work surface.

400g (14oz) tin of mixed beans, drained, rinsed, patted dry

a bunch of spring onions, finely chopped

5 tbsp mayonnaise

I tbsp wholegrain mustard

250g (8oz) cooked chicken breast, skinned, thinly sliced

290g (9½oz) jar of char-grilled peppers in oil, drained and cut into chunky slices

a bunch of coriander leaves, roughly chopped

I large mild red chilli, finely chopped

I large ripe avocado, halved, stoned, peeled, sliced

100g (3½oz) smoked soya cheese, finely grated

4 tbsp olive oil

I lime, cut into wedges freshly ground black pepper

3 Arrange the chicken and peppers over the top and scatter over the coriander and chilli. Top with the avocado slices

and finally scatter over the cheese.

2 Gently mix together the beans, spring onions, mayonnaise

and mustard in a bowl. Season well with pepper and spread the mixture evenly over the tortillas.

4 Top each with one of the remaining flour tortillas and press down well to sandwich together.

5 Heat a medium-sized non-stick frying pan and add I tbsp oil. Using a large fish slice, carefully lift and place a filled tortilla in the hot pan. Place a medium-sized plate on the top and gently push down.

6 Cook over a medium heat for about 4-5 minutes, then remove the plate and quickly and carefully turn the quesadilla over - don't worry if a little filing comes out; just push it back in! Cook for a further 3-4 minutes until dark golden and heated through. Remove from the pan and keep warm in a low oven while you repeat with the remaining quesadillas, using the remaining oil.

7 Cut each quesadilla into four wedges and pile on a serving





# **Double-baked** mac & cheese

By Lesley Waters



Serves **6-8** | Prep **25 mins** | Cook 25 mins | Calories 417 (per serving)

4 tbsp olive oil 4 tbsp plain flour I tbsp Dijon mustard 900ml (1½ pt) soya milk 175g (6oz) dairy-free strong Cheddar-style cheese, finely grated 300g (10oz) dried macaroni, cooked according to the packet instructions freshly grated nutmeg

3 tbsp dairy-free fresh white breadcrumbs 400g (13oz) baby vine tomatoes, kept on the vine chilli or olive oil, for drizzling (optional) 6 rindless smoked streaky bacon rashers, fried until crisp salt and freshly ground black pepper

- I Preheat the oven to 200°C/Gas Mark 6.
- 2 Heat 3 tbsp oil in a large saucepan, add the flour and mustard and cook over a medium heat for 30 seconds. Remove from the heat and add the soya milk, Whisk until all the lumps have gone, then return to the heat and bring to the boil. Simmer for 4-5 minutes until smooth.
- 3 Add three-quarters of the cheese, remove from the heat and stir until melted. Season with nutmeg, salt and pepper.
- 4 Stir the macaroni into the sauce and place in two medium-sized, shallow ovenproof dishes. Mix together the remaining cheese and breadcrumbs. Scatter over the dish.
- 5 Bake for 15 minutes until golden, bubbling hot and a good crust has formed. Lay the tomato vine over the top and drizzle with chilli or olive oil, then return to the oven for a further IO minutes
- 6 Crumble the bacon over the top before serving.











## Tarte au citron

By Lucy Parr (www.lucysfriendlyfoods.wordpress.com)



Serves **4-6** | Prep **15 mins** plus chilling | Cook 10-15 mins | Calories 490 (per serving)

I portion of gluten-free shortcrust pastry (see page 106) finely grated zest of I lemon juice of 2 lemons 115g (4oz) caster sugar 60g (2oz) custard powder 225ml (8fl oz) water

- Preheat the oven to 180°C/Gas Mark 4. Roll out and then blind bake your pastry case for 10-15 minutes in a lined shallow tart tin. Allow to cool.
- 2 Heat the lemon juice, lemon zest and sugar in a saucepan until the sugar has dissolved.
- 3 Mix the custard powder with 2 tbsp water to form a smooth paste.
- 4 Add the custard mix and the water to the lemon juice mixture and heat gently, stirring occasionally until it starts to thicken. When the consistency is similar to yoghurt (gloopy but still a bit runny), pour into the tart shell.
- 5 Leave to set in the fridge for I hour before serving.









Weekend RECIPES

# **New England-style** chickpea 'crab cakes'

By Adam Sobel SF DF EF MF V

Makes 6-8 | Prep 30 mins | Cook 25 mins | Calories 408 (per cake)

### **FOR THE TARTAR SAUCE**

2 tbsp coconut oil 5 garlic cloves, peeled, chopped I small sour pickle, chopped I tsp dried thyme I tsp dried oregano juice of I lemon I tbsp mirin I tbsp umeboshi plum vinegar 2 tbsp Dijon mustard I tbsp agave nectar 115g (4oz) soft tofu

I spring onion, minced, plus more to garnish I tbsp finely grated lemon zest

### **FOR THE CAKES**

¼ tsp dried hijiki 2 tbsp dried wakame 2 tbsp extra-virgin olive oil 2 shallots, finely chopped 2 garlic cloves, peeled, minced I celery stalk, finely chopped 150g (5½oz) chickpeas, rinsed and drained 3 tbsp white miso paste 25g (loz) flat-leaf parsley, chopped, plus more to garnish 2 tbsp dill, chopped I tbsp finely grated lemon zest, plus more to garnish ½ tsp freshly ground black pepper 180g (6oz) all-purpose flour 25ml (Ifl oz) canola oil 225ml (8fl oz) unsweetened soy milk 2 tbsp Dijon mustard

- I For the tartar sauce, melt the coconut oil in a pan set over a medium heat. Sauté the garlic, pickle, thyme and oregano for about 3 minutes, until the garlic turns golden. Turn off the heat and stir in the lemon juice, mirin, plum vinegar, mustard and agave nectar.
- 2 Scrape the contents of the pan into a blender. Crumble the tofu into the blender and blend at high speed for 40 seconds, until a mostly smooth purée is formed. Pulse in the spring onion and lemon zest until just combined. Chill for at least I hour, or up to 3 days in an airtight container.
- For the cakes, place the hijiki and wakame in a small bowl and pour 2 cups of hot water over them. Allow the sea vegetables to rehydrate for 15-20 minutes.
- Heat the olive oil in a pan set over a medium heat. Sauté the shallots, garlic, and celery for 4-5 minutes, until the shallots start to soften. Drain and rinse the sea vegetables and add them to the pan. Transfer the contents of the pan, along with the chickpeas, miso, parsley, dill, lemon zest, pepper and flour to a food processor. Process for about 30 seconds, to evenly distribute all ingredients, but leaving the mixture chunky. Divide the contents of the food processor into 20 round silver-dollar-size fritters, about 1 cm (½in) thick, smoothing the outside with wet hands.
- Heat the canola oil in a frying pan set over a medium-high heat. In a small bowl, combine the soy milk and mustard, which will cause the milk to curdle and thicken. Place the breadcrumbs in a separate bowl. Dip each chickpea cake in the curdled soy milk, then in the breadcrumbs and slip each cake into the hot oil. Working in batches, fry the cakes for about 2 minutes on each side, until each is heated through and has an even golden crust. Drain the fried cakes on a paper-towel-lined plate. Serve immediately, or reheat anytime within 24 hours.
- 6 Serve with rocket and tartar sauce. Garnish with lemon zest, spring onions and parsley.

Recipe taken from Street Vegan by Adam Sobel, photography by Kate Lewis, published by Clarkson Potter. (RRP £16.51).











100g (3½oz) panko breadcrumbs 50g (1½oz) rocket, to serve







# Beef & vegetable 'lasagne'

By Lyndsey Garrett (<u>www.justcallmeLynz.blogspot.co.uk</u>) **GF EF** Serves 6 | Prep 30 mins | Cook 30 mins | Calories 275 (per serving)

### **FOR THE FILLING**

I tsp coconut oil 750g (Ilb 8oz) lean beef mince 2 onions, peeled, diced 2 garlic cloves, peeled, crushed I red chilli, finely chopped (optional) 2 tbsp tomato purée I tbsp oregano

400g (14oz) tinned chopped tomatoes 250ml (9fl oz) hot water

### **FOR THE LAYERS**

3 courgettes, thinly sliced longways 2 aubergines, thinly sliced longways 150g (5½oz) closed cup mushrooms, washed, sliced FOR THE TOPPING

> 50g (13/oz) Parmesan, grated 2 large tomatoes, thinly sliced I tsp dried parsley salt and freshly ground black pepper

- Preheat the oven to 180°C/Gas Mark 4. Arrange the sliced aubergines and courgettes on a large baking tray, then bake in the oven for 5 minutes each side. Remove from the oven and set aside to cool.
- 2 Melt the coconut oil in a large saucepan, then fry the beef mince until brown. Drain off any excess fat that has been released. Add the onions and cook until soft.
- 3 Add the garlic, chilli (if using), tomato purée, oregano, tomatoes and hot water, then stir and simmer for
- 4 Take a large deep baking dish and place a single layer of aubergine slices on the bottom. Top with a few large spoonfuls of the beef mixture. Make sure to spread it evenly. Make a layer using the sliced courgettes and top with a few more spoons of beef mixture. For the third layer, arrange the sliced mushrooms and top with more beef mixture. Repeat these steps until you have used up all your vegetable layers and beef mix.
- Top with the grated Parmesan, tomato slices, dried parsley, salt and pepper.
- 6 Bake in the oven for 30 minutes or until the top is golden

TIP When you take the 'lasagne' out of the oven, leave it to cool for about 10 minutes, which will make it easier to slice into portions.













# Fresh fig & caramelised onion tartlets

By Megan May GF DF EF MF V

Makes 6 | Prep 30 mins plus dehydrating | Cook none | Calories 607 (per tart)

herbed cheese (see right) 70g (21/20z) baby rocket 75g (2¾oz) caramelised onions 8-10 fresh figs freshly cracked black pepper, plus extra cold-pressed olive oil, to garnish a handful of micro beetroot leaves

### **FOR THE TARTLETS**

30g (loz) flax seeds 200g (7oz) almonds (soaked) 35g (I 4oz) hazelnuts (soaked) ½ tbsp nutritional yeast 3/4 tsp sea salt

1 1/2 tbsp cold-pressed olive oil 30ml (Ifl oz) water **FOR THE CASHEW HERB CHEESE** 155g (51/20z) cashews, soaked 75g (2¾oz) macadamia nuts (soaked) 125ml (4fl oz) water 60ml (2fl oz) lemon juice 2 tsp nutritional yeast I tbsp chives, chopped I tbsp tarragon, chopped I tbsp parsley, chopped I tbsp finely diced shallot I tbsp chervil, chopped 1/4 tsp sea salt

1/4 tsp freshly cracked

black pepper

- I For the tartlets, blend the flax seeds into flour. Drain the soaked nuts and rinse thoroughly. Place all the ingredients, except the olive oil and water, in a food processor and blend until thoroughly mixed, leaving some texture to the nuts. Add the olive oil and water while the motor is running. Process for a few seconds until the mixture holds together well.
- 2 Oil six tartlet tins with olive oil, then press the mixture evenly into the cases. Dehydrate for 6 hours. Remove from the tart cases, then continue to dehydrate for a further 6-8 hours until completely dry and crispy.
- 3 For the cheese, drain the soaked nuts and rinse thoroughly. Place in a food processor with the water, lemon juice and nutritional yeast and mix until smooth. Finely chop all the herbs and fold in, then season to taste. Add a few tablespoons of water, if needed, until it is the consistency of a soft cream cheese.
- 4 Place a small handful of rocket and ½ tbsp caramelised onions in the bottom of each tartlet tin. Top with 2-3 tbsp herbed cheese. Spread the cheese until you get a flat top and can't see any rocket. Slice the figs and place on top of the cheese. Garnish with pepper, a drizzle of olive oil and a few micro beet leaves.

Recipe taken from The Unbakery by Megan May, photography by Lottie Hedley, published by Murdoch Books. (RRP £20).















# Leek tarte flambée with smoked tofu

GF DF EF MF V

Serves 4-6 | Prep 25 mins plus proving | Cook 30 mins | Calories 422 (per serving)

### **FOR THE BASE**

100g (3½oz) potato starch flour 75g (2½oz) gluten-free plain flour, more if needed I tsp xanthan gum ½ tsp salt 9g (4oz) fast-action dried yeast I tbsp caster sugar 115ml (4fl oz) soya yoghurt 175ml (6fl oz) warm soda water I tbsp cider vinegar

100g (3½oz) sweet rice flour

### FOR THE TOPPING

225ml (8fl oz)

soya yoghurt 225ml (8fl oz) soya cream ½ tsp salt freshly ground black pepper, to taste 2 tbsp vegetable oil 3 small leeks, finely chopped 225g (8oz) smoked tofu, diced

> **TO GARNISH** snipped chives

- 3 Add the dry ingredients to the liquid ingredients and knead into a smooth dough. Add a little more plain flour if necessary.
- 4 Knead the dough for 2-3 minutes, then cover with a damp tea towel and leave to rise for 1-2 hours, until doubled
- 5 Line a baking tray with non-stick baking paper. Place the dough on the tray and cover entirely with sweet rice flour. Spread the dough out into a thin crust. Leave to rise for
- 6 Preheat the oven to 230°C/Gas Mark 8.
- Bake the crust for about 10 minutes, until the edges have started to brown. Set aside.
- 8 For the topping, mix together the yoghurt, cream, salt and pepper in a bowl.
- Heat the oil in a frying pan and cook the leeks for about 10 minutes, until just tender but still bright green. Remove from the pan with a slotted spoon. Cook the tofu until lightly browned.
- 10 Spread the yoghurt mixture on the dough and top with the leeks and tofu. Bake for about 10 minutes, until the dough is browned and the topping is bubbling.
- II Serve warm sprinkled with snipped chives.

extra-virgin olive oil For the base, mix together the potato starch flour, plain flour, xanthan gum and salt. 2 Whisk together the yeast, sugar, yoghurt and soda water in a mixing bowl until blended. Whisk in the vinegar and oil.













# Lattice potato and ham pie

GF SF DF

Serves **4-6** | Prep **25 mins** plus chilling | Cook **30-35 mins** | Calories **736** (per serving)

### **FOR THE PASTRY**

300g (Iloz) sweet rice flour I I 0g (4 oz) sorghum flour 25g (loz) cornflour 2 tsp xanthan gum I tsp salt

I I 0g (4oz) dairy-free margarine I I 0g (4oz) vegetable shortening 50ml (134fl oz) water vegetable oil

### FOR THE FILLING

I tbsp extra-virgin olive oil I onion, peeled, chopped 4 medium potatoes, peeled, diced 200ml (7fl oz) gluten-free ham stock 300g (I loz) cooked ham, diced 1/2 tbsp rosemary salt and freshly ground black pepper

**FOR THE GLAZE** 

I free-range egg, beaten **TO GARNISH** 

rosemary

- I For the pastry, put the flours, xanthan gum and salt in a mixing bowl and rub in the margarine and shortening until the mixture resembles breadcrumbs.
- 2 Pour the water into the flour mixture, mixing well to a pliable dough. Add more water if the mixture is too dry.
- 3 Knead the dough until smooth and shape into a disc. Rub with a little oil and chill for 30 minutes.
- 4 For the filling, heat the oil in a large pan and cook the onion gently for a few minutes until softened, then add the potatoes and stock and simmer for 10-15 minutes until the potatoes are tender.
- 5 Stir in the ham and rosemary and season to taste with salt and pepper. Set aside to cool.
- 6 Preheat the oven to 190°C/Gas Mark 5. Grease a rectangular baking tin or dish.
- 7 Roll out about two-thirds of the pastry on a floured surface and use it to line the tin. Spoon the filling into the pastry case, using the liquid to moisten.
- 8 Roll out the remaining pastry and cut II x Icm (½in) wide strips. Lay the strips across the top in a lattice, then brush with beaten egg.
- 9 Bake for 30-35 minutes until the pastry is golden. If the pastry is browning too quickly, cover with a sheet of foil. Serve garnished with rosemary.











## Farfalle with white cabbage and mushrooms

GF SF DF EF MF V

Serves 4 | Prep 25 mins | Cook 20 mins | Calories 476 (per serving)

### **FOR THE PASTA**

160g (6oz) sorghum flour 100g (31/20z) tapioca starch, more if needed I tsp xanthan gum

I tsp salt

100ml (31/2fl oz) warm water, more if needed 2 tbsp extra-virgin olive oil cornmeal, for dusting boiling salted water

### **FOR THE VEGETABLES**

I garlic clove, peeled, crushed 4 tbsp extra-virgin olive oil 300g (Iloz) cabbage, sliced 300g (Iloz) mushrooms, sliced I I 0ml (4fl oz) dry white wine 400ml (14fl oz) hot gluten-free vegetable stock 1/2- I tsp dried rosemary

> freshly ground black pepper 1/2 tsp red pepper flakes

- Sift the sorghum flour, tapioca starch, xanthan gum and salt into a bowl and whisk to combine.
- Slowly add the warm water and olive oil, using an electric whisk. Continue mixing for about 2 minutes, to a firm but not sticky dough. If it is too too dry, add the second tablespoon of water. If it is sticky, add a little more tapioca starch. Cover the dough with clingfilm and chill for 30 minutes.
- 3 Take a tennis ball-sized piece of dough and squash it flat. Keep the remaining dough covered with clingfilm, to prevent it from drying out.
- 4 Push the piece of dough through the pasta roller on the widest setting. The dough will crumble as it comes out of the pasta machine. Patch the pieces together gently and push through again on the widest setting. Repeat until the dough comes out in one piece.
- 5 Fold the sheet into three pieces and roll through the widest setting. Repeat three times until you have a rough square shape, then start working it through the machine, taking it down one setting at a time, until the thinnest setting. This will produce a long, wide sheet of pasta.
- You can also roll the dough by hand using a rolling pin, but you'll need to roll the pasta sheets very thinly.
- 7 Place on a tray dusted with commeal to dry a little until ready to cook.
- 8 Using a sharp knife cut, the dough into 3cm (1½in) wide horizontal strips.
- 9 Using a ravioli cutter (or knife), cut each strip vertically into 5cm (2in) wide rectangles. Pinch each rectangle along the long side, in the middle to form a 'bow tie' shape.
- 10 Cook the pasta in a large pan of boiling salted water for I-2 minutes. Drain well.
- I Place the garlic in a frying pan with 3 tbsp olive oil and cook gently for 2 minutes.
- 12 Add the cabbage and mushrooms and gently cook for 5 minutes, then add the wine. Continue cooking until the wine has evaporated. Add the stock and simmer for 10 minutes. Remove the garlic clove.
- 13 Toss the drained pasta with the remaining olive oil and the sauce. Add the rosemary, salt and pepper to taste and
- 14Sprinkle with red pepper flakes and serve immediately.













# Awards

One of the most prestigious fixtures in the free-from calander, this year's Free From Foods Awards witnessed a further surge of awareness and growth in this dedicated market ...

ELD AT LONDON'S ROYAL COLLEGE of Physicians, this year's awards saw another bumper entry of products from more than 100 producers, culminating in a ceremony that displayed the excellence and depth of the free-from sector. Here we showcase the winners of all 17 catagories.

### **THE FAIR TROPHY FOR** THE BEST **FREE FROM FOOD 2015**

Winner

Voakes Free From Traditional **Pork Pie** 

The judges said: "A perfect pork pie! I just do not believe that it is not only gluten-free but dairy-free as well! I love this product. Just enough jelly. Ideal balance of meat & pastry." www. voakesfreefrom.co.uk



Sponsored by Oakland International

### Winner

**5 TESCO** 

Tesco were far out ahead this year in terms of innovation and quality in free-from, with four winning products and a very creditable clutch of commendeds and highly commendeds. www.tesco.com

### **INNOVATION OF THE YEAR**

Sponsored by Food Matters Live

### Winner

Kirsty's GF & DF Beef Lasagne with a Rich Bolognese Sauce £3

What the judges said: "A gluten-free and dairy-free lasagne - now that is something!" A very herby and slightly spicy, well-balanced beef lasagne with an appetising aroma and perfect appearance - you would never even have noticed that it was dairy-free." www.kirstys.co.uk

### **BREAKFAST FOODS**

Sponsored by Tesco

### **Winners**

**Serius Pains au Chocolat £1.99** Ready to bake, these light, flaky and very chocolaty Genius Pains au Chocolat are the ultimate gluten-free indulgence. You will find them in the Free From aisle in selected Tesco, Sainsbury's, Asda, Waitrose and Ocado stores. Genius is also stocked in independent shops and retailers, so keep your eyes open next time you're out

www.geniusglutenfree.com



### **BREAD**

Sponsored by Genius Gluten Free

### **Winners**

Smart Eats & **Treats Rosemary** & Olive Oil

Focacette £3.20

What the company said:"Taking part in the Free From Food Awards after only few months of launching

my business was a great challenge and I am extreemly delighted to have won." www.maysmartallergyfree.co.uk

### Tesco Free From fresh seeded bread £2

What the judges said: "Lovely moist texture, but firm enough to hold a spread, and a seductive smell. Good seed content and appealing grain, this bread has an excellent earthy taste." www.tesco.com

### STORE CUPBOARD

Sponsored by Sainsbury's

### **Winners**

Fria Swedish **Style Puff** Pastry £5.24

The gluten-free and dairy-free Puff Pastry from Fria Gluten Free

is truly versatile and can be used to create a large range of both sweet and savoury dishes. www.fria.se/en/



Quinola **Mothergrain Express Quinoa** with Split Peas From £2.55 Bursting with goodness, slow release carbs and complete veggie protein. Practical, delicious and healthy. www.quinola.com

### PASTA AND PIZZA

Sponsored by Integrated Food Projects Limited

Explore Asian Edamame & Mung **Bean Fettuccine** 

www.explore-asian.com

Rizopia Organic Brown Rice Spaghetti

www.rizopia.co.uk

### **RAW FOODS AND SUPERFOODS**

Sponsored by Tiana Fair Trade Organics Winner

Marvellous Superfood Super

www.marvelloussuperfood.co.uk

### **'FOOD TO GO' AND VENDING**

Sponsored by The Food and Drink Innovation Network Winner

Voakes Free From Traditional Pork
Pie From £2 Made from the finest cuts
 of home-reared pork, these pies are
 lightly seasoned and encased in a light, crisp,
 gluten-free pastry.

www.voakesfreefrom.co.uk



# MEATY AND FISHY READY MEALS

Sponsored by Genon Laboratories **Winner** 

▼ Tesco Free From Smoked Haddock
Fishcakes with a Melting Middle £3
What the judges said: "A perfect flavour
combination of smoked fish and cheese
surrounded by a great crispy crust."
www.tesco.com

www.tesco.com



### **VEGGIE READY MEALS**

Sponsored by Goodness Direct

### Winner

Amy's Kitchen GF Chinese Noodles & Veggies £3.49 The Chinese Noodles & Veggies meal is available



from the frozen free-from section in Tesco, Sainsbury's, Asda, Morrisons, independent health food stores and online at Goodness Direct. www.amyskitchen.co.uk

# FOODS SUITABLE FOR NUT AND PEANUT ALLERGIES

Sponsored by the Wellaby's

### Winner

ilumi Chicken Za'tar

£3.75 A Truly comforting Middle Eastern supper.

www.ilumiworld.com



### **CHILDREN'S FOOD**

Sponsored by Delamere Dairy

### Winner

Georgia's Choice Chicken Grills www.georgiaschoice.co.uk

### **TEA TIME!**

Sponsored by Mrs Crimbles

### Winners

www.feelfreefoods.co.uk



### 

- £4.50 What the judges said: "Such an interesting cookie. Very unusual flavours, but

they work. What a relief!
Not oversweet, lovely
raisins, free-from
a lot of allergens,
nicely chewy texture.
Chunky, homemade
cookies. I like the
fresh and zingy
orange flavours —
subtle."

www.sugargrain.com

### **DESSERTS AND PUDDINGS**

Sponsored by Romer Labs UK

### Winner

The Coconut Collaborative
DF Mango & Passion Fruit Coconut
Milk Yoghurt £3.99 The Coconut

Collaborative Mango and Passion
Fruit
Coconut
Milk Yoghurt is free-from dairy, soya and gluten, but certainly not temptation! It's bursting with lifegiving ingredients
www.coconutco.co.uk



S Glamour Puds
Raspberry Bakewell Tart
www.glamourpuds.com

# CONFECTIONERY AND CHOCOLATE

Sponsored by Free-From Heaven

### Winners

Doisy & Dam Maca, Vanilla & Cacao Nibs

www.doisyanddam.com

Kinnerton Confectionery DF Hollow Santa

www.kinnerton.com

### BARS – CEREAL, FRUIT, SUPERFOOD, GRAIN-FREE...

Sponsored by Holland & Barrett

### Winner

Get Fruity Moist Mixed

Berry Bar £2.70 for four Gluten-free, vegan and sweetened by fruit only, 100% natural. www.getfruitybar.co.uk





# Cooking with coconu

Award-winning author Pat Crocker talks about the health benefits of the newest and hottest gluten-free 'superfood' to take everyday cooking by storm...

OCONUT OIL IS THE ESSENTIAL constituent in both coconut water and coconut meat that gives them their healing properties. Until recently, coconut oil, a saturated fat (solid at room temperature), was considered a poor dietary choice. We now know, however, that coconut oil is an extremely important and healthy fat to include in our daily diets.

The problem with mono or polyunsaturated oils such as olive oil is that they are unstable and susceptible to oxidation and free radical formation unless they are unrefined, cold-pressed, stored properly and used for raw or low-heat recipes. Coconut oil is so high in lauric acid that it is incredibly stable and does not oxidize or break down during transportation, storage, or at

# **Health benefits of organic**

Helps you lose weight. Its medium-chain fatty acids help regulate thyroid function, balance blood sugar levels, increase energy and stimulate metabolism, all of which encourage weight loss.

of the fatty acids in coconut oil are cholesterol and increase HDL (good) cholesterol.

Suitable for those with diabetes. The fatty acids in coconut oil do not raise blood sugar levels. They keep levels even by providing a steady source of energy without stimulating the

Supports your liver. Coconut oil's

Boosts energy. The fatty acids pass directly to the liver, where they are burned for energy - two teaspoons of coconut oil a day will supply you with steady energy.

Improves nutrient absorption.

Coconut oil enhances the body's ability to absorb vitamins, minerals, antioxidants and other phytonutrients from food.

Improves digestion. Fatty acids in coconut oil are smaller

than the long-chain fats found in other oils and animal fat, so they require less energy and fewer enzymes to break down for digestion.

Helps prevent breast, colon and other cancers. It helps to keep the blood void of free radical damage, which contributes to degenerative diseases such as heart disease and cancer.

Improves Crohn's disease, IBS and other digestive disorders. The antiviral, antimicrobial and antibacterial constituents in coconut oil play a role in neutralizing bacterial infection, while the anti-inflammatory properties soothe the digestive tract.

Supports the development of strong bones and teeth. The antioxidants found in coconut oil protect the bones from destruction by oxidizing free radicals.

Moisturises, heals and protects the skin - it absorbs quickly into the skin and has been found to diminish and prevent wrinkles, and alleviate burns, rashes and insect bites.

Start with small amounts when cooking with, or taking coconut oil as a supplement for the first time.

### **Pure coconut flour:**

Because it is gluten-

free, coconut flour is great to add to gluten-free flour for those who suffer from wheat allergies...

Coconut flour is dried, defatted and finely ground coconut meat. It does not require the addition of preservatives, so check the label to make sure the brand you buy is pure coconut flour. Coconut

> flour is suitable for use in recipes calling for flour. It is gluten-free.

### **Cooking with** coconut flour:

Finely milled from dried coconut meat, it has a wheat-like consistency that makes it suitable

for use along with wheat or other kinds of flour in recipes calling for flour. Because it is gluten-free, it's great to add to gluten-free flour for those who suffer from wheat allergies or who are following a gluten-free diet.

Coconut flour can replace up to 20% of the flour in cakes, cookies, pies and quick breads, but you will need to add an equal amount of liquid to allow for its water-absorbing quality. Note that coconut flour will increase the volume due to its high fibre content.

Add up to 10% coconut flour to yeast breads, but add an extra egg or 60ml (2fl oz) milk.

Because it contains fibre. coconut flour works well as a coating for chicken, fish or seafood - use it in place of regular flour or cornmeal.

Coconut flour does not have the thickening power of gluten, but you can use coconut flour to thicken sauces, gravy and curry dishes because the fibre swells as it absorbs liquid. Sauces are slightly gritty and not as smooth as those made with wheat flour.

Baked goods made with coconut flour are more crumbly than those made with wheat flour.

moderately high cooking temperatures.

virgin raw coconut oil:

Lowers cholesterol. Almost half lauric acid, which help lower LDL (bad)

Reduces risk of heart disease. The acids are rapidly absorbed almost directly into the liver and are converted into energy, instead of being either in fat tissues or deposited in the arteries.

release of insulin.

antimicrobial fatty acids cleanse the liver and help protect it from damage from free radicals.

Extract taken

from Coconut 24/7

by Pat Crocker,

by Christopher

Campbell, published

COCONUT

by HarperCollins.

(RRP £14.99).

photography





# **Coconut cherry** oat squares

By Pat Crocker



Makes 20 | Prep 15 mins | Cook 15-20 mins | Calories 171 (per square)

6 large free-range eggs

450g (IIb) coconut sugar crystals

I tbsp vanilla extract

225g (8oz) sweetened coconut, shredded

I I 5g (4oz) dried cherries

45g (1½oz) gluten-free rolled oats

6 tbsp coconut flour

I tsp sea salt

- Preheat the oven to 180°C/Gas Mark 4. Lightly oil a 23x34cm (9x13in) baking tray.
- 2 In a bowl, using a hand-held or electric mixer, beat the eggs. Add the sugar crystals and vanilla and beat until smooth. Stir in the shredded coconut, cherries, oats, flour and salt. Press into the baking tray, then bake in the oven for 15-20 minutes or until set and golden.
- 3 Transfer to a wire rack to cool for 10 minutes. Cut into 5cm (2in) squares and transfer to a plate to cool completely.

TIP These squares keep in an airtight container for 3 days at room temperature, or up to 5 days in the refrigerator.



# Banana coconut oatmeal

By Pat Crocker



Serves 2-4 | Prep 5 mins | Cook 8 mins | Calories 382

400ml (14fl oz) coconut milk 90g (31/40z) gluten-free rolled oats 2 bananas, peeled, thinly sliced

I tsp coconut oil, softened

I tsp coconut nectar, or honey

1/4 tsp ground cinnamon

- In a saucepan, bring the milk to a boil over a high heat.
- 2 Stir in the oats, bananas, oil, nectar and cinnamon. Reduce the heat and simmer, stirring frequently, for about 8 minutes or until all of the liquid has been absorbed.

TIP If you happen to have leftover cooked oatmeal, press it into a resealable container and refrigerate it overnight. The next day, pop the porridge 'loaf' out of the container and cut into 1cm (½in) slices. Fry the slices in a pan for about 4 minutes on each side, or until browned on both sides. Serve with fresh fruit or maple syrup.



# **Sweet potato** shrimp cakes

By Pat Crocker

GF SF DF

Makes 8 | Prep 25 mins | Cook 15 mins | Calories 529 (per serving)

2 sweet potatoes, peeled, cooked 325g (Iloz) cooked prawns, shelled and deveined, finely chopped

2 tbsp chopped fresh basil

2 tbsp tomato sauce

I large free-range egg, beaten

160ml (5½fl oz) coconut cream

2 tbsp unsweetened shredded coconut

150g (5½oz) coconut flour

I I5ml (4fl oz) coconut oil, melted 350ml (12fl oz) gluten-free sweet and sour sauce

100g (31/20z) pineapple slices

- Preheat the oven to 150°C/Gas Mark 2.
- 2 In a bowl, mash the sweet potatoes. Add the prawns, basil, tomato sauce, egg, cream and shredded coconut. Using your hands, work the mixture into a smooth batter. Sprinkle flour over the batter and knead into a soft dough, adding enough flour to make the dough thick enough to form into cakes. Using your hands, pat the dough into 7cm (3in) round cakes, about 2.5cm (1in) thick. Lightly dust both sides of the cakes in flour and transfer them to a plate.
- 3 Heat a little oil over a medium heat. Add three-four cakes and fry for 3 minutes on each side or until a golden crust forms on both sides. Transfer to a baking sheet and keep warm in the oven. Repeat with the remaining cakes, adding more oil as required. Serve with a sweet and sour sauce with pineapple chunks.

































# Free-from advice Ask the experts

Do you need help with your free-from cooking, or do you have a nutritional query? Email your question to nick.gregory@anthem-publishing.com

### How do I cut unhealthy fats from my diet?

I'm glad you've asked this question as there appears to be a great deal of confusion about dietary fat. So, let's get clear on exactly what is a 'bad' fat and what's a 'good' fat. We've been collectively brainwashed for 50 years in believing that saturated fat is bad for us because it causes heart disease and makes us put on weight. The studies that influenced the link between heart disease and saturated fat have now been dismissed as flawed. A growing body of evidence points to transfats, inactivity, refined carbohydrates and overeating as the causes of high cholesterol and heart disease. In short, you should include some saturated fat in your diet.

Variety is the key to a healthy diet and this includes the types of fat you consume. Monounsaturated fat, found in foods like olive oil, nuts and avocados, plus omega-3s in salmon and walnuts, are both recommended because they've been shown to lower blood cholesterol and the risk of heart disease.

The bad guys are trans fats, found in packaged goods and fast food. They not only increase cholesterol, but have also been linked with a variety of diseases. Margarines are the biggest culprits of trans fats and should be avoided. By the way, did you know that before margarine goes through the bleaching, colouring and odourising process, it's a big slab of grey fat! Who would want to

Another fat to be wary of are those found in vegetable oils that have been extracted from various seeds. The most common include rapeseed (canola oil), soybean, corn, sunflower, safflower, peanut, etc. Unlike coconut oil or olive oil that can be extracted by pressing, these oils have to be extracted in very highly processed ways. They also oxidise easily, and oxidation has been linked to cancer and heart disease.

In summary, stay with natural fats that haven't been overly processed: nuts, avocados, grass-fed meats, fish, organic dairy products, coconuts, olive oil, while avoiding ready meals, packaged foods, deep fried food and highly processed fats like margarines.

To protect fats from damage, ensure you only cook with oils that are stable at high temperatures, for example butter, ghee, coconut fat, avocado oil etc. Use olive oil only for dressings. Try and buy olive oil in dark bottles, as this will protect it from light damage and oxidation.

MARIA BEZ

### What would be a suitable threecourse summer dinner-party menu for a dairy-free guest?

When devising a three-course summer menu that's dairy-free, I stick to my core values of good, wholesome ingredients. This guiding principle always wins the day.

Start with a beautiful green leaf salad, but make it interesting - add an array of leaves like rocket, romaine and butter. Instead of tomato, add slices of grape and apple. For some variety and crunchiness, sprinkle over pumpkin, sunflower and sesame seeds. Finish with an avocado. This helps coat the leaves when tossing the salad. Most supermarket salad dressings contain dairy, so mix up your own: olive oil, lemon juice, garlic and herbs.

### **OUR EXPERTS**



Maria Bez NUTRITIONIST Maria is a registered nutritionist with the British Association of Nutritional Therapists. She

has a BSC degree in Nutritional Medicine and practices from Nourish, her clinic in Bath. As well as attending to clients, she writes and speaks on all matters relating to nutrition and lifestyle. She is dedicated to providing individuals with information and advice to take control of their own health and well-being. www.nourishcentre.co.uk



**Michelle** Lynette Michelle is a holistic health coach on a mission to help with your quest for great health, vitality

and energy. Having suffered from ill health in her youth, she has turned her life upside down in order to find her nirvana of health. She's now impassioned to help those struggling with a nagging condition like eczema or IBS, or those in need of some inspiration to live a dairy-, gluten-, wheat- and sugar-free life. www.everythinggood.co.uk.



Lisa Roukin CHEF, TEACHER AND WRITER Lisa is a chef, teacher and writer, her main focus is developing gluten- and

wheat-free recipes. She runs her own business teaching private cookery lessons and demonstrations, based around her healthy way of eating. She has cooked live on BBC Radio, and was a finalist on Gordon Ramsey's The F Word. She is also a blogger for the Huffington Post and provides gluten-free recipes to Ocado. www.myrelationshipwithfood.com



**Marriage** Clare's love of baking, together with the glutenfree demands within her family, led

her to create flour blends as alternatives to gluten containing flours. Clare and Michael Marriage established Doves Farm Foods in 1978. The company is a pioneer of the UK organic and gluten-free sectors and recently has launched an exciting new range of flapjacks and cookies free-from gluten, milk, peanut, egg and soya. www.dovesfarm.co.uk

The fibre in the salad helps satisfy those initial hunger pangs, which makes it a great introduction to dinner. It can also be prepared in advance, therefore no fussing before serving.

For the main, you can bake an array of vegetables. It's summer so you want to keep the dishes light and fresh, but scrumptious and fulfilling. Try vegetables like aubergine, courgette, sweet pointed peppers and red onions, tossed in olive oil, fresh herbs, salt and pepper. Accompany with grilled tomatoes and lightly steamed spinach. Once steamed, gently fry the spinach with garlic, finely chopped onion and sunflower seeds. Add bulk with protein rich foods like quinoa

What you save on the meat and fish could be spent buying the best quality, organic vegetables. The secret to a great tasting vegetable dish lies in the quality of the ingredients. Fresh and organic vegetables, free from pesticides, are also a healthier option.

For dessert, indulge in a blueberry cheesecake. This is no ordinary cheesecake though, consisting of cashew nuts, coconut, blueberries and honey - not even a hint of cheese, except in name. Use crushed almonds and dried figs for the base. Any dairy-free palate will thank you for this extra serving of calcium.

You can prepare this dessert days in advance and store in the freezer - stress-free and simple.

This is a clean, healthy menu, high in nutritional value that gives nothing away on taste either. Almonds, sesame seeds and spinach are high in calcium and quinoa and almonds high in protein. Spinach is also packed with Vitamin A.

The added bonus is that this meal would also satisfy your vegetarian guests - a freefrom win win.

MICHELLE LYNETTE

### How can I adapt my lifestyle to healthy eating?

Life is a lot like cooking when it comes to getting out what you put in. If you're looking for a specific outcome, you've got to know what ingredients you need to purchase and work with in order to achieve the desired effect. If it's that romantic meal you're wanting to surprise your spouse with, you'll need to pull out the relevant recipe book, scan the ingredients and make your way to the shop that stocks what you need. This is the start of the cooking process. Once you've made your purchase, you then need to arrive home, make your way to the room that will best serve this process in taking place - the kitchen - and get to work.

You'll start by laying out the ingredients,

measuring a little of this, some of that, a pinch of the other and then you'll start bringing them all together in a mixing bowl while you watch the magic happen. For this is what the process is – it's a kind of magic. Things that have an individuality of their own come together to create something completely different and new and itdoesn't have to be unhealthy to taste great. It's alchemy.

You may be wondering why I've needed to bullet-point what is so obviously the cooking process. It's simple right? Everyone understands this step-by-step procedure for creating in the kitchen. It's a no brainer. Well, it's good to know we're all on the same page. This is kind of obvious and it's reassuring that we have an understanding of what needs to happen when we create. In fact, a bullet point list would be helpful...

- We decide what we want
- We research what we need
- We venture out to purchase the necessary ingredients
- We find the environment which best serves our creation
- We gather all the necessary 'ingredients'
- We put all these pieces in the pot in the correct quantity
- We mix them all together with a hearty dose of love
- We step back, surrender, and watch the creation process unfold for itself.

Simple right? Good.

So, let's move out of the kitchen and look at the bigger picture. This is not just a recipe for baking, it's a recipe for living. Truly. If you can apply this process to everything you're looking to create in any area of your life - a relationship, a job opportunity, fulfillment of your dreams and desires - life is going to go well.

Our only requirement in life is to put effort in the right direction and surrender the results. Identify what it is you desire. If it's not obvious, sit with it, contemplate what you feel will make you happy, envision in your mind's eye what your best life looks like. Once vou're clear, or headed at least in the right direction, research what you need, gather the resources, make sure all the 'ingredients' are in the right quantity, keep your dream/desire alive by never doubting the process, knowing all the pieces will come together at the right time (for everything has its own temperature and cooking time) to create the perfect dish. And then we're right back at the last step - 'We step back, surrender, and watch the creation process unfold for itself'.

And here's the beauty: sometimes the recipe doesn't look exactly like the picture

- it may not rise as high, the colour may be slightly darker or slightly lighter than anticipated, the consistency may surprise you (you're sure you added the right amount of eggs), it may need a touch more salt, a little sugar. Whatever the difference, it's your own personal creation, unique to you and life is like that - it doesn't always turn out exactly as planned, but that's ok - it's a journey and you always have the option to tweak things a little if you'd prefer them to turn out differently next time. Whether you're cooking in the kitchen or ready to mix it up in your personal life with a new relationship or hobby, you are the creator and steering your ship - you just need to know which direction you are headed and take the first step.

There is a saying that sums this up nicely: 'You cannot direct the wind, but you can always adjust the sails". Happy sailing and, as always, happy cooking! LISA ROUKIN

### How can I prevent my glutenfree pastry from cracking?

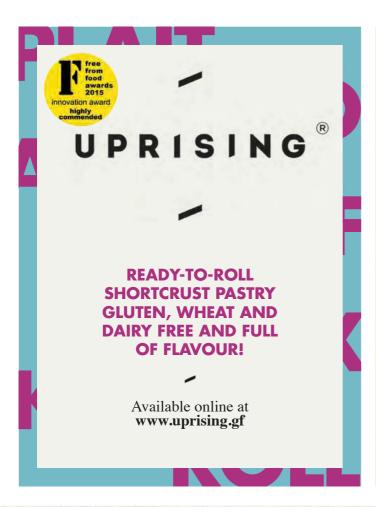
Of the many recipes visited at www. dovesfarm.co.uk, our gluten-free shortcrust pastry is in the top five. How to prevent gluten-free pastry from cracking is one of the most frequently asked questions and it can certainly be minimised, if not prevented. While gluten-free pastry is more delicate to handle, the most frequent reason for cracking is that there is insufficient moisture in the pastry.

When making shortcrust pastry you mix the fat into the flour until it has the appearance of breadcrumbs, then add the liquid to bring together the dough. As gluten-free flours absorb more liquid than conventional flours, they need extra liquid in most recipes. The effect of using extra liquid in pastry creates a slightly sticky soft ball of dough. This may appear alarming at first, but once the dough has been rested for at least 30 minutes in the fridge it will have a more familiar feel.

Rolling out the pastry between two pieces of floured clingfilm or parchment helps to support the dough when you are rolling it and as you lift and position it for baking, or simply just press the pastry into your baking dish using your fingers!

Another of my top tips for making good gluten-free pastry is to avoid handling it when crumbling the butter into the flour, use either a pastry cutter or a fork to try and keep the fat as cool as possible.

To make the perfect free-from pastry, simply substitute the butter with vegan butter. For more gluten-free and free-from recipe inspiration visit www.dovesfarm.co.uk **CLARE MARRIAGE** 





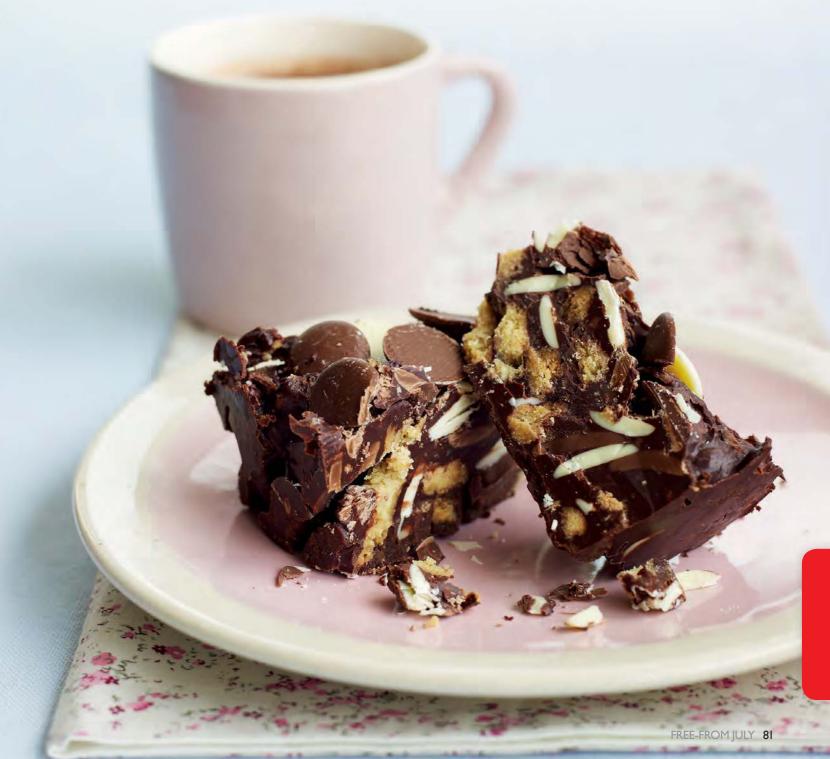
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# Sweet treats! Baking RECIPES

Indulge yourselves with a touch of decadence...







# Blackberry & strawberry coconut ice slices

By Megan May



Makes 20 | Prep 15 mins plus 15 mins for freezing | Cook none | Calories 86 (per slice)

6 tbsp coconut butter, melted

90g (31/40z) desiccated organic coconut

3 tbsp light raw agave 60ml (2fl oz) cold-pressed coconut oil, melted

I tsp vanilla extract

a pinch sea salt 5g (1/8oz) freezedried strawberries or raspberries, crushed so about half is powder 1/2 tsp rose water

- I Stir together all the ingredients, except the freeze-dried berries and rose water, in a bowl until well combined.
- 2 Divide the mixture between two bowls. Add the berries to one of the bowls and mix until beautifully pink. Mix in the rose water.
- 3 Line a 15×12cm (6×4½in) rectangular container or tin, with clingfilm. Spoon in a 1cm (1/2 in) deep layer of white mixture, then place in the freezer for 15 minutes until slightly firm. Spread the pink mixture on top and freeze for 30-40 minutes until completely firm.
- 4 Cut into 3cm (11/4 in) square pieces and store in the refrigerator in an airtight container. It will stay fresh for several weeks.



# **Hazelnut mousse cups**

By Megan May

GF DF EF V

Serves **4-6** | Prep **10 mins** plus 2 hrs for chilling | Cook none | Calories 343 (per serving)

2 large ripe avocados 185ml (6fl oz) hazelnut milk 80g (2¾oz) plus I tbsp cacao powder

175g (6oz) maple syrup, coconut nectar or raw agave

2 pinches of sea salt 2 tbsp melted coldpressed coconut oil 2 tbsp melted cacao butter caramelised hazelnuts and chocolate sticks. optional

### I tsp vanilla extract

- I Place all the ingredients except the coconut oil and cacao butter, in a food processor. Process until very smooth. Add the coconut oil and cacao butter while the food processor is running, until completely combined into the mixture.
- 2 Pour the mixture into individual cups and refrigerate for 2 hours (the mousse will not achieve the desired taste until well chilled).
- 3 To make this simple mousse a more sophisticated dessert, you can top with crushed activated hazelnuts or caramelised hazelnuts and chocolate flakes.

The recipes on pages 82-84 are taken from The Unbakery by Megan May, photography by Lottie Hedley, published by Murdoch Books. (RRP £20).























# Berry tartlets with a cacao base and cashew cream filling

By Megan May GF DF EF V

Makes 6-8 | Prep 15 mins plus chilling | Cook none | Calories 667 (per serving)

120g (4¼oz) dried almonds
80g (2¾oz) cashews
210g (7½oz) pitted dates
2 tbsp cacao nibs
¼ tsp vanilla extract
3 tbsp cacao powder
I tbsp cacao butter, melted

# FOR THE VANILLA CUSTARD CREAM

235g (8½oz) cashews (soaked) 250ml (9fl oz) almond milk 60ml (2fl oz) maple syrup

I tsp vanilla extract seeds of I vanilla pod a pinch of salt 80ml (2¾ml) cold-pressed coconut oil, melted

### FOR THE TOPPING

440g (15½oz) fresh berries or cherries, pitted, halved

- I In a food processor, blend the nuts until almost couscouslike – leave them with a bit of texture.
- 2 Add the dates and blend until well combined and until the mixture is slightly sticky. Add the remaining ingredients and pulse a few times until combined. The mixture should hold together well.
- 3 Line six-eight 10cm (4 in) French fluted tart tins with clingfilm. Press the mixture firmly into each tin and up the sides.
- 4 Place the tart base in the refrigerator while you make the filling.
- 5 For the filling, drain the soaked cashews and rinse thoroughly. Place all the ingredients, except the coconut oil, in a high-speed blender and process until very smooth. Slowly add the oil while the motor is running until well combined.
- **6** Pour the filling between the tarts and top with fresh berries or cherries.





# Mango & pineapple mousse cake

By Megan May GF DF EF V Serves 12-14 | Prep 25 mins plus overnight for chilling | Cook none | Calories 321 (per serving)

45g (1½oz) desiccated coconut 105g (3%oz) sprouted buckwheat 75g (2¾oz) gluten-free rolled oats 135g (4¾oz) pitted dates 45g (1½oz) sultanas 2 tbsp cold-pressed coconut oil, melted

### **FOR THE MANGO MOUSSE**

600g (IIb 5oz) ripe mango, chopped 120g (41/40z) ripe pineapple, chopped 100-150g (31/2-51/20z) raw agave 125ml (4fl oz) fresh lemon juice juice of I lime a pinch of sea salt

½ tsp vanilla extract 250ml (9fl oz) cold-pressed coconut oil, melted 2 tbsp cacao butter, melted I tsp lecithin

- In a food processor, blend the coconut into flour, Add the buckwheat and oats and process into flour. Add the dates and sultanas and blend to a fine couscous-like consistency. Add the melted coconut oil and pulse for 15 seconds.
- 2 Line a 20cm (8in) cake tin with clingfilm and firmly press the base evenly into the tin. You can put the base in the refrigerator while doing the next step.
- 3 In a high-speed blender, blend the mango, pineapple, agave, lemon juice, lime juice, sea salt and vanilla until smooth. Add the coconut oil, cacao butter and lecithin and blend for 10-15 seconds (no more than 20 seconds or it will over-process).
- 4 Pour the mango mousse filling on top of the base. Cover with clingfilm and either put in the refrigerator overnight or the freezer for 2-3 hours to set.
- **5** The cake is best served straight from the refrigerator as it's easier to cut. We often serve it with slices of fresh mango and coconut yoghurt.
- 6 Will store for 4-5 days in the refrigerator or for a few weeks in the freezer.











# Chocolate polenta cake with espresso syrup

By Lesley Waters **GF DF** 

Serves **8-10** | Prep **25 mins** plus chilling | Cook **30-35 mins** | Calories **560** (per serving)

rapeseed oil, for oiling
200g (7oz) dairy-free dark
chocolate, broken into pieces
225g (7½oz) dairy-free spread
225g (7½oz) caster sugar
3 free-range eggs, beaten
200g (7oz) ground almonds
75g (3oz) instant dried polenta
I tsp gluten-free baking powder
40g (1½oz) dairy-free
cocoa powder, sifted

### **TO FINISH**

450ml (% pt) strong cafetière coffee, or instant espresso 175g (6oz) caster sugar sifted icing sugar, for dusting raspberries, to serve

- Preheat the oven to 180°C/Gas Mark 4. Lightly oil a 28cm (11in) round non-stick springform cake tin. Line the base with baking parchment.
- 2 Place the chocolate in a heatproof bowl over a saucepan of gently simmering water and stir with a spatula until the chocolate has melted. Remove from the heat and allow to cool for 5 minutes.
- 3 Beat together the spread and sugar in a bowl until light and fluffy. Add the eggs, a little at a time, beating well between each addition. Fold in the almonds, polenta, baking powder and cocoa, then gently stir in the melted chocolate.
- 4 Spoon the mixture into the prepared tin and bake in the oven for 30-35 minutes, or until just firm.
- 5 Remove the cake from the oven and prick the surface with a thin skewer. Spoon 150ml (¼ pt) coffee over the surface of the cake and allow to cool for 45 minutes before removing from the tin.
- 6 Place the remaining coffee in a small saucepan, add the caster sugar and simmer for about 5 minutes until syrupy.

  Allow to cool slightly.
- 7 Remove the lining paper from the cake and place the cake on a serving plate. Dust with icing sugar and serve with a bowl of raspberries and a jug of the warm coffee syrup.



The recipes on pages 85-86 are taken from Deliciously Dairy Free: Fresh and simple lactose-free recipes for healthy eating every day by Lesley Waters, photography by Haarala Hamilton, published by Hamlyn. (RRP £20).





# Plummy chocolate mousse

By Lesley Waters **GF DF** 

Serves 4-6 | Prep 25 mins plus | hr for chilling | Cook none | Calories 232 (per serving)

175g (6oz) ready-to-eat vanilla prunes 200ml (7fl oz) water 2 tbsp brandy (optional) 125g (4oz) dairy-free plain chocolate, broken into pieces, plus extra for grating 3 free-range egg whites 4 tsp caster sugar 2 tbsp pistachio nuts,

roughly chopped

- I Place the prunes in a saucepan and add the water to barely cover them. Simmer gently for about 15 minutes, until very soft.
- 2 Transfer to a small food processor with any remaining cooking liquid and the brandy, if using, and blend to a smooth purée.
- 3 Place the chocolate in a small heatproof bowl over a saucepan of gently simmering water and stir with a spatula until the chocolate has melted. Remove from the heat and allow to cool for 5 minutes.
- 4 Beat the egg whites in a large bowl until just stiff, then add the sugar and beat again until thick and glossy.
- 5 Stir the melted chocolate into the prune purée and beat together well.
- 6 Using a large metal spoon, quickly stir a spoonful of the beaten egg white into the chocolate mixture - this will help to loosen the mixture. Add the remaining egg whites to the mixture and fold in.
- **7** Spoon the mousse into four-six medium-sized espresso cups and chill for at least I hour. Sprinkle over the pistachios and some grated chocolate just before serving.















By Bonnie Matthews



Makes **12-14** | Prep **15 mins** | Cook 40-50 mins | Calories 302 (per biscotti)

II5g (4fl oz) coconut oil

150g (5½oz) coconut sugar

3 tsp vanilla extract

2 free-range eggs

225g (8oz) gluten-free baking flour

¼ tsp pink salt

I tsp gluten-free baking powder

I tsp cinnamon

115g (4oz) dried tart cherries

45g (1½oz) almonds, coarsely chopped

3 tsp slivered almonds

80g (2¾oz) cocoa nibs

### **FOR THE CHOCOLATE DRIZZLE**

175g 6oz) dairy-free chocolate chips

- Preheat the oven to 150°C/Gas Mark 2.
- 2 In a large bowl, combine the coconut oil and coconut sugar until well blended. Add the vanilla and eggs and whisk for about I minute.
- 3 In a medium bowl, combine the flour, salt, baking powder and cinnamon. Slowly add the flour mixture to the wet mixture. Fold in the cherries, chopped almonds, slivered almonds and cocoa nibs with your hands.
- 4 On a parchment-lined baking tray, form a 20x10cm (8x4in) loaf with the dough, then bake in the oven for 30-35 minutes. Allow to cool completely before adding the chocolate drizzle.
- **5** For the drizzle, melt the chocolate chips in a saucepan, stirring constantly so they don't burn. Once melted, remove from the heat and allow to cool slightly. Using a spatula or large spoon, place in a piping bag and squeeze the chocolate over the top of the biscotti. Slice the biscotti into Icm (½in) thick bars. Place back on the baking tray and bake for another 12-15 minutes.



# **Blueberry Bettys**

By Bonnie Matthews

GF SF DF EF

Makes **12-14** | Prep **15 mins** plus chilling | Cook 20-25 mins | Calories 130 (per Betty)

150g (5½oz) polenta

75g (2¾oz) coconut flour

75g (2¾oz) tapioca starch

I tsp pink salt

34 tsp xanthan gum

I tsp bicarbonate of soda

2 tsp gluten-free baking powder

1½ tsp cinnamon

4 tbsp coconut oil

I 1/4 tsp vanilla extract

150ml (51/2fl oz) apple sauce

3 tbsp honey

75ml (2¾fl oz) plus 3 tbsp almond milk, unsweetened 75-100g (2¾-3½oz) blueberries

### I tbsp coconut sugar

- I Preheat the oven to 180°C/Gas Mark 4. Line a baking sheet with baking parchment.
- 2 n a medium bowl, combine the polenta, coconut flour, tapioca starch, salt, xanthan gum, bicarbonate of soda, baking powder and cinnamon.
- 3 In a small bowl, combine all the wet ingredients, except the blueberries, and stir together. Add the wet mixture to the dry mixture and stir to combine. Fold in the blueberries gently.
- 4 Drop the dough, about 2 tbsp batter at a time, onto the baking sheet. Sprinkle with a little coconut sugar and a little extra cinnamon if desired.
- 5 Bake in the oven for 20-25 minutes.



















The recipes on this page are taken from Hot & Hip Healthy Gluten-Free Cooking: 75 Healthy Recipes to Spice Up Your Kitchen by Bonnie Matthews, published by Skyhorse Publishing. (RRP £13.20).







# Coconut and lemon slices

By Donna Crous (www.eighty20nutrition.com)

GF SF DF EF V

Makes 16 | Prep 15 mins plus 30 mins for chilling | Cook none | Calories 218 (per slice)

250g (9oz) desiccated coconut

6 tbsp coconut oil

200g (7oz) creamed coconut (not to be confused with coconut cream)

finely grated zest of 2 lemons

juice of I lemon

60ml (2fl oz) maple syrup

1/2 tsp vanilla extract

- I Soften the creamed coconut in a bowl of hot water.
- 2 Blend all the ingredients together in a food processor taste to see if more lemon is needed.
- 3 Line a square container with baking parchment. Press the mixture firmly into the container.
- 4 Refrigerate for 30 minutes. Remove the parchment, then cut into slices.

# Chocolate orange amazeballs

By Donna Crous (<u>www.eighty20nutrition.com</u>)



Makes 12 | Prep 15 mins plus 2 hrs for chilling | Cook none | Calories 206 (per ball)

350g (12oz) dates, pitted

125g (4½oz) walnuts

25g (loz) cocoa powder

2 tsp maca powder

2 tsp vanilla extract

I tsp turmeric

finely grated zest of I orange

juice of ½ an orange

2 tbsp coconut oil, melted

80g (2¾oz) dairy-free dark chocolate chips, melted

- I Soak the dates in boiling water for 5 minutes to soften.
- 2 Drain the water and empty the dates into a food processor, then pulse until blended.
- 3 Add the walnuts, pulse quickly, then add the rest of the ingredients (except the chocolate chips). Process for I more minutes.
- 4 Scrape down the sides of the bowl and run the processor again.
- 5 Flatten the sticky dough roughly 1 cm (½in) thick between two pieces of clingfilm. Refrigerate for I hour.
- 6 Remove and cut into 2½cm (1in) squares. Dampen the palms of your hands and roll the small squares into balls. Place each ball on a plate.
- 7 Top each ball with I tsp melted chocolate, allowing it to drip down the sides. Refrigerate for I hour.























# Coconut chocolate squares

By Donna Crous (www.eighty20nutrition.com)



Makes 16 | Prep 10 mins plus 30 mins for chilling | Cook none | Calories 222 (per square)

150g (5½oz) desiccated coconut 200g (7oz) creamed coconut (not to be confused with coconut cream)

6 tbsp coconut oil

3 tbsp cocoa powder

I tbsp vanilla extract

60ml (3fl oz) maple syrup

I tsp maca powder

I tsp turmeric

80g (2¾oz) dairy-free dark chocolate chips 65g (21/40z) dairy-free dark chocolate

- I Soften the creamed coconut in a bowl of hot water.
- 2 Add all the ingredients, except the chocolate chips and chocolate, into a food processor and blend for I minute. Scrape down the sides and blend again. Stir in the chocolate chips.
- 3 Line a square or rectangle container with baking parchment. Press the mixture firmly into the container and refrigerate for 30 minutes.
- 4 Break the chocolate into small pieces and melt on a gentle heat.
- 5 Drizzle the chocolate over the top of the mixture and leave to cool.
- 6 Remove the parchment and cut into squares.



# Strawberries and cream pinwheel biscuits

By Lucy Parr (www.lucysfriendlyfoods.wordpress.com)



Makes 25 | Prep 20 mins plus 30 mins for chilling | Cook 10 mins | Calories 132 (per biscuit)

230g (8oz) plain flour 2 tbsp cornflour ¼ tsp salt

1/4 tsp baking powder 25ml (Ifl oz) vegetable oil 150g (5½oz)

dairy-free spread

225g (8oz) caster sugar

2 tbsp oat milk

65g (21/20z) freeze-dried strawberry pieces

I-2 tsp natural pink food colouring

2-3 tbsp sprinkles

- I Sift together the flour, cornflour, salt and baking powder. In another bowl, whisk together the oil, spread and sugar until light and fluffy. Add the oat milk and whisk again. Add the flour mix and carefully combine.
- 2 Split the dough into two equal-sized portions. Add the food colouring and freeze-dried berries to one portion and mix to combine. Roll out one portion of dough, then roll out the other and sandwich together. Tightly roll into a sausage shape which creates the 'swirl' in the middle.
- 3 Place a sheet of clingfilm onto the work surface. Put the dough cylinder on one side, liberally sprinkle the decorations next to it, then roll over to coat the whole log, pressing in the sprinkles to make sure they stick. Wrap in clingfilm, then place in the fridge for at least 30 minutes.
- 4 Preheat the oven to 180°C/Gas Mark 4. Cut 5mm (¼in) slices with a sharp non-serrated knife. Place on a lined baking sheet, flatten slightly, then bake for 10 minutes until lightly golden round the edges. Cool on the sheet, before moving to a wire rack to cool completely.





















# Almond angel cakes with berries

By Samantha Warrington GF Makes 6 | Prep 15 mins | Cook 10-12 mins | Calories 180 (per cake)

sunflower oil, for greasing 4 free-range egg whites 3 tbsp granulated sugar 50g (2oz) ground almonds a generous pinch of cream of tartar 15g (1/20z) flaked almonds

I tbsp sifted icing sugar, to dust (optional) 200g (7oz) fromage frais

2 tbsp clear honey or sifted icing sugar (optional) 400g (14oz) frozen mixed berry fruits, just thawed

- Preheat the oven to 180°C/Gas Mark 4. Brush six holes of a deep muffin tin with a little sunflower oil and line the bases with rounds of greaseproof paper.
- 2 Whisk the egg whites in a clean, dry bowl until stiff, moist peaks form. Whisk in the sugar, a teaspoonful at a time, until it has all been added. Keep whisking for 1-2 minutes until thick and glossy.
- 3 Fold in the ground almonds and cream of tartar, then spoon the mixture into the muffin tin. Sprinkle the flaked almonds over the top of each one, then bake in the oven for 10-12 minutes, until golden brown and set, Carefully loosen the edges of the cakes with a knife, then lift onto a wire rack to cool.
- 4 Put the fromage frais in a bowl and stir through the honey or icing sugar to sweeten. Swirl the thawed fruits through the fromage frais. Arrange the angel cakes on a serving plate, dusted with the icing sugar. Serve with the swirled fruits and fromage frais for spooning over.

TIP A by-product of winemaking – it is derived from the crystals that form inside wine barrels - cream of tartar is used in baking to add volume to beaten egg whites.

> This recipe and the biscuit cake on page 92 are taken from The Gluten-Free Recipe Book by Samantha Warrington, published by Bounty. (RRP £9.99).















# Chocolate biscuit cake

By Samantha Warrington GF EF



Makes 10-12 | Prep 25 mins plus 3 hrs for chilling | Cook none | Calories 345 (per wedge)

300g (10oz) gluten-free plain chocolate, broken into pieces 2 tbsp milk

125g (4oz) butter, melted, plus extra for greasing 125g (4oz) gluten-free digestive biscuits,

lightly crushed

2 packets of gluten-free white chocolate buttons 2 packets of gluten-free milk chocolate buttons

- I Grease an 18cm (7in) round cake tin or similar. Put the plain chocolate and milk in a bowl set over a pan of simmering water, making sure the bowl does not touch the water. Leave until the chocolate has melted, stirring occasionally. Stir in the butter. Remove the bowl from the heat and leave until cool, but not solid.
- 2 Mix the biscuit pieces with the white and milk chocolate buttons, then stir the mixture into the melted chocolate. Pour the mixture into the tin and squash it down gently. Put it in the refrigerator for at least 3 hours until firm, then cut into wedges.





# Not-so-naughty but nice pies

By Bernadette Bohan GF DF EF V

Makes 10 | Prep 20 mins plus chilling | Cook none | Calories 352 (per serving)

### **FOR THE CRUST**

160g (5¾oz) walnuts 160g (5¾oz) pecans

150g (5½oz) dates, soaked in the juice of I orange

### **FOR THE CREAM FILLING**

2 frozen bananas, peeled 400ml (14fl oz) tin of coconut milk 4 dates, soaked in lemon juice ½ tsp alcohol-free vanilla extract

### FOR THE FUDGE TOPPING

150g (5½oz) dates 60ml (2fl oz) water ½ tsp alcohol-free vanilla extract

- I For the pie crust, drain the juice from the dates. Pulse the walnuts and pecans together in a food processor.
- 2 Add the dates and process until it forms a sticky dough.
- 3 Press the mixture into a 12 small pie moulds and press tightly.
- 4 Store in the fridge while you make the cream layer.
- 5 Blend the bananas, coconut milk, dates and vanilla extract together. Pour over the pie crust.
- 6 For the topping, combine the dates, water and vanilla extract together until you have a nice, sticky consistency.
- 7 Spoon the topping over the pies before serving.

The recipes on pages 93-95 are taken from **RAW** Recipes for Radiant Living, by Bernadette Bohan, published by Gill & Macmillan. (RRP €24.99).















# No-sugar, no-cheese-cake

By Bernadette Bohan GF EF V

Serves 10-12 | Prep 30 mins plus 3 hrs for chilling | Cook none | Calories 526 (per serving)

### FOR THE CRUST

160g (6oz) walnuts 160g (6oz) pecans 150g (5½oz) dates

I tsp alcohol-free vanilla extract
2 tbsp coconut oil

### **FOR THE FILLING**

900g (2lb) strawberries (180g (6½oz) for blending, the rest sliced for layers)
2 frozen bananas, peeled
800ml (27fl oz) tinned coconut milk
140g (5oz) macadamia nuts
I tbsp alcohol-free vanilla extract
3 drops of stevia

### FOR THE STRAWBERRY GLAZE

160g (6oz) frozen strawberries 80g (2¾oz) dates

- I Soak the nuts and dates overnight.
- 2 Drain off the water from the nuts and dates and process with the vanilla extract in a blender. Gradually add the coconut oil until the crust holds together.
- **3** Use a springform tin to make it easy to remove the cake from the pan. Another tip is to sprinkle a dust of coconut flakes on the base of the pan to stop the crust from sticking. Press the mix into the pan to form the crust.
- 4 Add all of the filling ingredients, except the reserved sliced strawberries, to a blender and blend to a creamy consistency. If the mixture is too thick, add a little extra coconut oil.
- **5** Layer one third of the sliced strawberries to the top of the crust.
- 6 Pour half the cream mixture over the strawberries and smooth right up to the edge of the tin.
- 7 Add another third of the sliced strawberries. Add the remaining cream mixture.
- **8** For the glaze, blend the berries and dates in your blender till nice and smooth.
- 9 Pour on top of the cake, and top with the remaining sliced strawberries.

10 Pop the cake into the freezer for about 3 hours.





















## Sweet tatale

By Patti Stoley

DF EF V

Serves 4 | Prep 15 mins |

Cook 15-20 mins | Calories 279 (per serving)

2 plantains, over-ripe, with black skin

100g (31/20z) plain flour

I tbsp desiccated coconut, plus extra to garnish

½ tsp mixed spice

25g (loz) raisins

½ tsp grated nutmeg

½ tsp ground cinnamon

oil to shallow fry

### 2 tbsp dessicated coconut, toasted, to garnish

- I Peel the plantain and mash the flesh in a bowl.
- 2 Sift in the flour and add the remaining ingredients, mixing to form a batter. The batter should be the consistency of a Scotch pancake mix. You can add a little water if you find it too thick.
- 3 Heat a large pan, brush it very lightly with just enough oil to stop the mix sticking, then pour half-cups of the batter into the pan to form individual pancakes.
- 4 Cook over a moderate heat for 3-4 minutes until bubbles appear, then turn over and flatten with a palette knife. Fry for another 1-2 minutes until cooked through, Keep warm while you cook the remaining mix.
- 5 Serve with chopped fresh fruit and honey. Scatter with toasted desiccated coconut.

# Figgie tray bake

By Patti Stoley



Serves 4 | Prep 15 mins | Cook 35-40 mins | Calories 427 (per serving)

2 plantains, over-ripe, with black skin

I I 5g (4oz) sultanas

4 dried figs, roughly chopped

I tsp mixed spice

½ tsp grated nutmeg

I tsp vanilla extract

2 tbsp rapeseed oil

150g (5oz) plain flour

4 fresh figs, quartered

- Preheat the oven to 180°C/Gas Mark 4. Grease a 23cm (9in) square baking tin.
- 2 Peel, then mash the plantain in a bowl. Mix in the sultanas, dried figs, mixed spice, nutmeg, vanilla extract and rapeseed oil.
- 3 Sieve in the flour and gently mix again.
- 4 Pour the mixture into the baking tin and place the fresh figs randomly over the top, skin side down. Bake in the oven for 35-40 minutes. Guard carefully whilst it cools.

The recipes on this page are taken from A Date with Plantain by Patti Gyapomaa Sloley, published by Emmalily. (RRP \$33).

























# Melbourne nights

By Omid Jaffari GF SF DF EF V

Serves 4 | Prep 30 mins plus 10 hrs for chilling | Cook none | Calories 681 (per serving)

520g (IIb 21/20z) chocolate mousse (see below) 55g (2oz) biscuits (see page 98), crushed 360g (123/oz) cashew mascarpone (see below) 35g (1 4oz) cacao nibs

### FOR THE MOUSSE - MAKES 875G (ILB 50Z)

450g (IIb) mango, diced 250ml (9fl oz) coconut nectar I tbsp vanilla bean paste ½ tsp vanilla salt 2 tbsp coconut oil, melted 2 tbsp cacao butter, melted 200g (7oz) cacao powder

### FOR THE CASHEW MASCARPONE -**MAKES 750G (ILB 100Z)**

235g (81/20z) cashews 250ml (9fl oz) water 125ml (4fl oz) coconut nectar 70ml (21/4fl oz) lemon juice 2½ tbsp rum I tsp vanilla bean paste ¼ tsp vanilla salt 250ml (9fl oz) coconut oil, melted

- I For the mousse, put the mango, coconut nectar, vanilla bean paste and vanilla salt in a blender and blend for I minute, then add the coconut oil and cacao butter. Pulse to combine.
- 2 Sift the cacao powder into the blender. Blend on low for I minute to combine.
- **3** Pour into a container and refrigerate for 10 hours.
- 4 For the cashew mascarpone, put the cashews and water in a blender and mix for about 30 seconds until you have a smooth paste. Blend slowly at first, then increase to high. This will create a lovely foundation, and will ensure you achieve a good consistency for the mascarpone.
- 5 Add the coconut nectar, lemon juice, rum, vanilla bean paste and vanilla salt and blend for 10 seconds. Add the coconut oil and blend at a low speed for 5 seconds, until just combined. Leave in the refrigerator for 4 hours to set.
- 6 Layer all the ingredients in four glass jars or dishes and refrigerate for 2 hours to enable the flavours to develop. TIP Sprinkle with shavings of raw vegan chocolate if desired.

This recipe, the tiramisu-ish on page 98 and the ice cream on page 99 are taken from Raw by Omid Jaffari, published by Murdoch Books. (RRP £20).













# Tiramisu-ish

By Omid Jaffari GF SF DF EF V

Serves **x** | Prep **25 mins** plus 36 hrs for dehydrating | Cook none | Calories 213 (per serving)

480g (IIb Ioz) cashew mascarpone (see page page 97)

55g (2oz) biscuits (see below), crushed 250ml (9 l oz) coffee syrup, or freshly brewed coffee 35g (1 4oz) cacao nibs

310g (11oz) cashews 250ml (9fl oz) water 2 tbsp coconut nectar I tbsp rum I tbsp freshly brewed coffee I tsp mesquite powder, or lucuma powder

½ tsp vanilla salt

- For the biscuits, put all the ingredients in a food processor and process for 3 minutes.
- Line a baking tray with baking paper and spread the mixture on the tray, making sure it is thinly spread. You may need to use more than one tray. Place the baking tray in a dehydrator for 36 hours.
- Cut the biscuits into small pieces, scatter on a baking tray lined with baking paper and cover with a cloth. Store in the refrigerator. These will keep for up to
- Layer all the ingredients in four glass jars or dishes and refrigerate for 2 hours to enable the flavours to develop. TIP This delicious light dessert gives you all the flavour experience of the traditional tiramisu without the bloated after-effects. Alternatively, if you don't have the coffee syrup at hand, you can replace with cooled, freshly brewed coffee.

















By Omid laffari



Serves **4-6** | Prep **15 mins** plus 4 days for dehydrating | Cook none | Calories 526 (per serving)

80g (2¾oz) raw almonds 125ml (4fl oz) coconut nectar

155g (5½oz) cashews 250ml (9fl oz) water

60ml (2fl oz) Cointreau, or other orange-flavoured liqueur

2 tsp vanilla bean paste

1/4 tsp vanilla salt

125ml (4fl oz) coconut oil, melted

2 tsp cacao butter, melted

- Combine the almonds and half the coconut nectar in a small howl
- 2 Spread the coated almonds on a baking tray lined with baking paper. Put in a dehydrator for 4 hours.
- 3 Remove the baking tray from the dehydrator and put in the freezer for L hour
- 4 Pulse the almonds in a food processor for a few seconds until the mix has a lovely praline texture.
- **5** Blend the cashews and water in a blender until smooth.
- 6 Add the remaining half of the coconut nectar to the cashew mix, along with the Cointreau, vanilla bean paste and vanilla salt, then blend for 10 seconds. Add the coconut oil and cacao butter and blend for a further 5 seconds until combined. Add the almond mixture and combine for a further 2 seconds.
- 7 Churn in an ice-cream machine according to the manufacturer's instructions, or pour into a container, cover and put in the freezer for about 12 hours or until frozen.













# Orange, cinnamon, walnut and goji berry cupcakes

By Alison Beadle (www.sugarfreeme.org)

GF SF DF

Makes 18 | Prep 20 mins | Cook 30 mins | Calories 221 (per serving)

100g (3½oz) mixed seeds

225g (8oz) dairy-free spread

50g (1¾oz)

walnuts, chopped 125g (4½oz) gluten-free self-raising flour

100g (3½oz) chestnut flour 100g (31/20z) xylitol

5 free-range eggs

I tsp orange extract

I tsp gluten-free baking powder

50g (1¾oz) goji berries

2 tbsp coconut oil

I tbsp cinnamon

- Preheat the oven to 180°C/Gas Mark 4. Line 18 holes of a 24-hole or two 12-hole muffin tins with cupcake cases.
- 2 Mix the xylitol, coconut oil and dairy-free spread in a food processor until smooth. Add the eggs and mix again.
- 3 Add the seeds, walnuts and orange extract. Mix well.
- 4 Blend the flours, cinnamon and baking powder together, then gradually add to the wet mixture until you get a fairly thick cake mix.
- 5 Add the goji berries and mix until evenly distributed.
- 6 Spoon the mixture into the cupcake cases, then bake in the oven for 30 minutes, or until baked. Allow to cool. Top with a topping of your choice, if desired.















# Ancient grain chocolate chip cookies

By Camilla V Saulsbury

GF DF

Makes 30 | Prep 15 mins plus | hr for chilling | Cook 20-25 mins | Calories 139 (per serving)

250g (9oz) millet flour 250g (9oz) gluten-free rolled oats 60g (2oz) tapioca starch 3 tbsp chia seeds, ground ½ tsp gluten-free baking powder 1/4 tsp bicarbonate of soda

¼ tsp fine sea salt 175g (6oz) caster sugar 75ml (2¾fl oz) softened virgin coconut oil 2 large free-range eggs 3 tbsp maple syrup 1½ tsp vanilla extract 75g (2¾oz) dairy free chocolate chips

- In a medium bowl, whisk together the millet flour, oats, tapioca starch, chia seeds, baking powder, bicarbonate of soda and salt.
- 2 In a large bowl, using an electric mixer on medium speed, beat the sugar and coconut oil until light and fluffy. Beat in the eggs, maple syrup and vanilla until blended. Using a wooden spoon, stir in the flour mixture until just blended. Gently stir in the chocolate chips. Cover and refrigerate for at least I hour, until firm, or overnight.
- 3 Preheat the oven to 180°C/Gas Mark 4. Line two baking sheets with baking parchment.
- 4 Drop tablespoons of the dough onto the baking sheets, spacing the cookies 5cm (2in) apart.
- **5** Bake, one sheet at a time, for 10-12 minutes, or until golden brown and just set at the edges. Allow to cool on the sheet on a wire rack for 2 minutes, then transfer to the rack to cool completely.

TIP You can grind the chia seeds with a mortar and pestle or seal them in a small, heavy-duty plastic bag with a zipper top and pound them with a mallet or rolling pin.



The recipes on

Everyday Gluten-

Free Cookbook by

published by

Robert Rose.

(RRP \$24.95).

Camilla V Saulsbury,

this page are taken

from Bob's Red Mill













# Blueberry and hazelnut cake

By Camilla V Saulsbury

GF

Makes 12 | Prep 25 mins plus chilling | Cook 28-33 mins | Calories 418 (per serving)

### **FOR THE FILLING**

150g (5½oz) toasted hazelnuts, chopped 60g (2oz) brown sugar 1½ tsp ground cinnamon

### **FOR THE CAKE**

375g (13oz) amaranth flour 2 tsp vanilla extract 125g (4½oz) potato starch I tsp gluten-free baking powder

I tsp bicarbonate of soda 3/4 tsp fine sea salt 150g (5½oz) caster sugar 2 large free-range eggs  $125g (4\frac{1}{2}oz)$  unsalted butter, melted 325ml (I Ifl oz) buttermilk 375g (13oz) blueberries

- Preheat the oven to 180°C/Gas Mark 4. Line a 23cm (9in) square baking dish with non-stick cooking spray.
- 2 For the filling, in a small bowl, combine the hazelnuts, brown sugar and cinnamon.
- **3** For the cake, in a large bowl, whisk together the amaranth flour, potato starch, baking powder, bicarbonate of soda and salt.
- 4 In a medium bowl, whisk together the sugar, eggs, butter and vanilla until well blended. Whisk in the buttermilk until blended.
- 5 Add the egg mixture to the flour mixture and stir until just blended. Gently fold in the blueberries.
- 6 Spread half the batter evenly in the baking dish and sprinkle with the filling. Dollop the remaining batter on top of the filling (it need not cover the filling completely).
- **7** Bake in the oven for 28-33 minutes or until a toothpick inserted in the centre comes out clean. Allow to cool completely in the dish on a wire rack.













# Banana & walnut chocolate cups

By Michelle Lynette (www.everythinggood.co.uk)



Makes 12 | Prep 20 mins plus 2-3 hrs for freezing | Cook **none** | Calories **393** (per muffin cup)

### **FOR THE BASE**

100g (3½oz) walnuts 200g (7oz) medjool dates, pitted I tsp vanilla extract

a pinch of salt

### FOR THE FILLING

350g (12oz) raw cashews, soaked overnight, drained

11/2 tsp vanilla extract

I tbsp lemon juice

150g (5½oz) frozen bananas, peeled

3 tbsp water

50g (13/oz) cacao powder

a pinch of salt

80g (2¾oz) medjool dates, pitted

### **TO DECORATE**

40g (1½oz) coconut flakes 150g (5½oz) almonds

- For the base, place all the ingredients in a high-speed blender and blend just enough to leave the mixture still slightly crunchy. Line the holes of a 12-hole muffin tray with the mixture.
- 2 For the filling, add all the ingredients to a high-speed blender and blend until smooth. Remove the mixture from the blender and scoop on top of the muffin holes.
- 3 Chop the almonds and sprinkle them and the coconut flakes over the top of each chocolate cup.
- 4 Place in the freezer for 2-3 hours. Remove from the freezer and allow to thaw for 20 minutes before eating.



# Raw coconut, macadamia and lime biscuits

By Michelle Lynette (<u>www.everythinggood.co.uk</u>)

GF SF DF EF

Makes 24 | Prep 20 mins plus overnight for freezing | Cook none | Calories 130 (per biscuit)

300g (10½oz) raw macadamia nuts

I I 0g (4oz) desiccated coconut, dried

2 tbsp freshly squeezed lime juice

I tbsp finely grated lime zest

75ml (2¾oz) raw honey

2 tsp non alcoholic vanilla extract

I tsp sea salt

- I Place the nuts in the freezer for 20 minutes to chill before blending.
- 2 Place the nuts, coconut, vanilla extract, lime zest and salt in a blender and pulse until just blended.
- 3 Place the mixture in a mixing bowl and add the remainder of the ingredients. Mix well.
- 4 Scoop tablespoons of the dough onto a lined baking sheet and repeat until the mixture is finished. It should make about 24. Gently flatten the top of each biscuit using the back of a spoon.
- 5 Place the biscuits on parchment paper and freeze for 24 hours.



















I.3g

Protein

# Baking RECIPES



# **Mocha tart**

By Harriet Smith (<u>www.harrietemily.com</u>) **GF DF EF V** Serves 10 | Prep 30 mins plus 2 hrs for freezing | Cook none | Calories 556 (per serving)

### FOR THE TOPPING

270g (91/20z) cashews, soaked for 2 hours 95g (3½oz) coconut butter 180ml (6fl oz) maple syrup 180ml (6fl oz) water ½ tsp vanilla extract 2 tbsp freshly squeezed lemon juice 60g (2oz) cocoa powder 20g (34oz) cacao powder I tbsp ground coffee, to taste a pinch of salt

### **FOR THE BASE**

220g (8oz) almonds

3 tbsp almond butter I tbsp Tiana's cooking coconut butter 2 tbsp maple syrup **FOR THE VANILLA CRÈME** 

75g (2¾oz) plus 2 vanilla pods

- I tbsp cashews 250ml (9fl oz) rice milk 3 tbsp coconut butter I tbsp plus 2 tsp maple syrup
- I For the base, blend the almonds in a food processor for I minute, then add the almond butter, coconut butter and maple syrup. Blend for I minute until a fairly sticky crumb
- 2 Pour the crumb into a 16x16cm (6x6in) springform cake tin and press down to form an even base that sticks together. Place in the fridge to keep cool.

- 3 For the topping, Melt the coconut butter in a pan over a low-medium heat. Pour the liquid into a blender with the water, lemon juice, maple syrup and cashews. Blend for 2-3 minutes until smooth. Add the cocoa powder, cacao powder, vanilla, coffee and salt, Blend again until smooth - just keep blending until it's as smooth as you can get it the time depends on the strength/size of your blender.
- 4 When the mixture is smooth, remove the base from the fridge and pour the mocha mixture on top. Spread until even, then move the tart into the freezer for 2 hours to set. Alternatively, you can leave it for longer and just set it in the fridge, however this will take around 5 hours. When the cake has set, remove it from the tin to slice and serve.
- 5 For the vanilla crème, slice the vanilla pods and scrape out the seeds. Place the seeds into the blender and add the cashews, rice milk, coconut butter and maple syrup. Blend all of the ingredients together until smooth.
- 6 Pour the liquid into a pan and place on a low heat, stirring, for 3-4 minutes until thickened slightly into a creamier consistency. You can do this for less or more time, depending on your desired thickness. Remove from the heat and pour into a serving jug. Place the crème into the fridge to cool. When the tart has set and been sliced, pour the crème on top of each portion to serve.















# Coconut and lemon cookies

By Joana Oliveira (www.mygutfeeling.eu)



Makes **14** | Prep **15 mins** | Cook 15-20 mins | Calories 119 (per cookie)

I flax egg (I tbsp flaxseeds plus 3 tbsp warm water)

4 tbsp extra-virgin coconut oil

II5g (4oz) caster sugar

I tsp vanilla extract

2 tbsp lemon juice

2 tsp grated lemon zest

70g (2¾oz) rice flour

75g (¾oz) tapioca flour

½ tsp salt

### 35g (11/40z) unsweetened dried coconut, shredded

- I Preheat the oven to 180°C/Gas Mark 4. Line a small baking sheet with parchment paper.
- **2** For the flax egg, combine the flaxseeds and warm water, allow to sit for about 5 minutes, then mix in a blender. Set aside.
- 3 Beat the coconut oil and sugar for about 5 minutes. Add the flax egg, vanilla extract, lemon zest and juice.
- 4 Weigh the rice flour, tapioca and salt into another bowl, add it to the mixture and blend thoroughly. Add coconut and stir until evenly moistened.
- 5 Spoon the dough into a piping bag fitted with a piping tip. Pipe the cookies, evenly spaced, onto the baking sheet, then bake in the oven for 15-20 minutes.
- 6 Let the cookies cool on the tray for 10 minutes, before eating or storing in an airtight container.

# Natural yoghurt & lemon cake

By Joana Oliveira (www.mygutfeeling.eu)



Serves 10 | Prep 15 mins | Cook 30 mins | Calories 195 (per serving)

150g (51/20z) rice flour

30g (loz) ground almonds

I tsp gluten-free baking powder

½ tsp salt

70ml (2oz) extra-virgin olive oil

130g (41/20z) brown sugar

2 flax eggs (2 tbsp flaxseeds plus 6 tbsp warm water)

125g (4½oz) unsweetened natural lactose-free yoghurt

finely grated zest of I small lemon

½ tsp vanilla extract

### icing sugar, to sprinkle (optional)

- Preheat the oven to 180°C/Gas Mark 4.
- 2 For the flax egg, combine the flaxseeds and warm water, allow to sit for about 5 minutes, then mix in a blender. Set aside.
- **3** In a large bowl, whisk the sugar with the oil for 2 minutes. Add the flax eggs until the batter starts to bubble.
- 4 Add in the yoghurt, lemon zest and vanilla extract and combine.
- 5 In another bowl, combine the rice flour, almonds, baking powder and salt and slowly add to the batter, beating until completely blended.
- 6 Pour the batter into a 500g (1lb loz) loaf tin, then bake in the oven for 30 minutes.
- 7 Remove the cake from the oven and leave it to cool in the tin for 10 minutes. Sprinkle with icing sugar (optional).



















Protein







# Berry tofu cream

By Clare Sullivan (www.browsersgrazers.com)

GF DF EF V

Serves 2 | Prep 5 mins plus chilling | Cook none | Calories 163 (per serving)

200g (7oz) tofu 2 tbsp maple syrup or agave ½ tsp nutmeg I tsp vanilla extract

200g (7oz) strawberries, or other red berries

- I Wash and dry the berries. Combine all the ingredients and blend until smooth, adjusting the quantity of syrup dependant on the fruit and your taste.
- 2 Chill in the fridge before serving.

# Raspberry ripple nice-cream

By Lyndsey Garrett (<u>www.justcallmeLynz.blogspot.co.uk</u>)

GF SF DF EF V

Serves **4** | Prep **5-10 mins** | Cook none | Calories 145 (per serving)

2 large bananas, frozen 125ml (4½oz) almond milk seeds of ½ a vanilla pod 125g (4½oz) raspberries, plus extra for serving (optional) dried rose petals, for serving (optional) dairy-free and sugar-free dark chocolate flakes, for serving, (optional)

- I Put all the raspberries in a blender and blitz until smooth. If the mix is a bit dry, add a few drops of water to loosen a little. Once smooth, transfer the raspberries to a bowl and set aside.
- 2 Peel, then slice the frozen banana into chunks. Add the almond milk, banana and vanilla seeds to the blender and blitz. This may take a good minute or so to become super smooth, so every so often just stop the blender and scrape the sides and blend again. You will notice the mixture coming together and resembling regular ice cream. If the mix is too stiff, try adding a little more almond milk. If the mix is too runny, add more banana.
- 3 Pop half the nice-cream mixture into a container, then spoon over half of the smooth raspberry mix. Using a small spoon, create swirls, gently combining the two mixes together. Add the other half of the nice-cream on top with the remaining raspberry mix, then swirl again. Serve with some fresh raspberries, dried rose petals and a sprinkle of dark chocolate.























# Raw strawberry rose dream cake

By Amy Lyons (<u>www.fragrantvanilla.com</u>) **GF DF EF V** Serves 8-10 | Prep 30 mins | Cook none | Calories 402 (per serving)

### **FOR THE CRUST**

100g (3½oz) raw buckwheat groats 40g (1½oz) ground flaxseed 50g (1¾oz) finely shredded coconut 1/8 tsp sea salt 10-12 soft medjool dates, soaked, pitted, chopped 20g (¾oz) chunk of raw red beetroot **FOR THE PURÉE** 

200g (7oz) strawberries, plus extra to decorate 2 mediool dates, soaked, pitted a pinch sea salt I tbsp lemon juice

### **FOR THE FILLING**

450g (IIb) coconut meat 115ml (4fl oz) coconut water 150ml (5½fl oz) raw agave nectar ½ tsp sea salt I tbsp vanilla extract seeds from 1/2 a vanilla pod 150ml (5½fl oz) raw coconut butter, melted 200g (7oz) strawberries 100g (3½oz) raw red beetroot, chopped I tsp rose water dried roses, to decorate

- Lightly coat a 23cm (9in) springform removable bottom tin with coconut oil. For the crust, process the flax, coconut, buckwheat and sea salt in a food processor until fine crumbs, then add the dates and beetroot and process until the mixture holds together when squeezed between your fingers (if not holding together, add more dates). Firmly press the crust into the bottom of the tin and
- 2 For the purée, combine all the ingredients in a food processor and process until smooth. Set aside.
- **3** For the filling, in a high speed blender or food processor, combine the coconut meat and water, agave nectar, sea salt and vanilla in a food processor. Blend until smooth and creamy. With the processor running, add the coconut butter and process for I minute until blended. Divide the mixture in two and add half back to the food processor. Add the berries and blend until smooth, Place this mixture back in a bowl. Add the remaining mixture to the food processor with the beetroot and rose water and process until smooth and well blended.
- 4 To assemble, drop the filling by the tablespoon over the crust, alternating the colours. Once the tin is full, tap the bottom on the counter to level, and swirl with a knife in a spiral from the outside in to the centre. Decorate with strawberries and dried roses.













# Plum tart

70g (2½oz) unsalted butter

Serves 6-8 | Prep 20 mins plus chilling | Cook 35-45 mins | Calories 549 (per serving)

### **FOR THE PASTRY**

3 free-range egg yolks a pinch of salt 80g (3oz) sweet white rice flour, plus extra for dusting 60g (2oz) millet flour 30g (loz) sorghum flour 40g (1½oz) cornflour ½ tsp xanthan gum

### water, if needed FOR THE FILLING

II5g (4oz) butter 80ml (3fl oz) honey 100g (3½oz) ground almonds 2 free-range eggs 75ml (21/2fl oz) double cream 400g (14oz) plums, pitted, quartered

- I For the pastry, beat the butter until soft. Add the egg yolks, one at a time, beating well after each addition. Mix until incorporated.
- 2 Add the salt, all the flours and xantham gum and mix briefly to a dough. Add a little water if the dough feels too dry.
- 3 Turn out onto a lightly floured surface and gather the dough into a smooth ball. Flatten the dough into a disc, wrap it in clingfilm and chill for I hour.
- 4 Preheat the oven to 180°C/Gas Mark 4. Grease a 23cm (9in) tart tin.
- 5 Roll out the dough on a lightly floured surface and use it to line the tin. Line the dough with a piece of non-stick baking paper, fill with baking or dried beans and blind bake for 10-15 minutes until almost completely cooked. Remove the beans and paper.
- 6 For the filling, whisk together the butter, honey, ground almonds and eggs in a mixing bowl until smooth.
- 7 Gently stir in the cream until incorporated.
- 8 Arrange the plums on the pastry base and pour over the cream mixture.
- **9** Bake in the oven for 25-30 minutes until the filling is just set and the pastry is golden. Cool in the tin for 20 minutes, before removing.













# Plum crumble cake



Makes 18 | Prep 25 mins | Cook 45 mins | Calories 194 (per slice)

315g (11oz) gluten-free plain flour, plus extra for dusting

I tsp xanthan gum, if not included in flour 150g (5oz) caster sugar

¼ tsp salt

225g (8oz) dairy-free margarine I I 0g (4oz) light brown sugar I tsp ground cinnamon 450g (16oz) ripe plums, sliced

I tsp cornflour icing sugar

- Preheat the oven to 170°C/Gas Mark 3. Line a 23cm (9in) square baking tin with non-stick baking paper.
- 2 Mix together 280g (10oz) flour, the xanthan gum, sugar
- 3 Add the margarine and mix to a soft dough. Remove about 115g (4oz) dough and put it into a bowl.
- 4 Add the brown sugar, cinnamon and the remaining flour to the smaller amount of dough and mix to combine. Chill.
- 5 Press the remaining dough into the tin in an even layer, with well-floured hands.
- 6 Lay the plum slices on top of the dough in four rows, overlapping them slightly in each row. Sprinkle the plums evenly with the cornflour.
- 7 Break up the chilled dough into irregular clumps with a fork and sprinkle an even layer on top of the fruit. Press in the topping gently, but evenly.
- 8 Bake for about 45 minutes, until the top is light brown. Cool completely in the tin before cutting into slices.
- 9 Sift icing sugar over the top.















# Mango tray bake cake

Serves **6-8** | Prep **15 mins** | Cook 40 mins | Calories 263 (per serving)

50g (1¾oz) dairy-free margarine

170g (6oz) xylitol

225ml (8fl oz) mango purée

I large free-range egg, lightly beaten

I tsp vanilla extract

180g (6oz) plain flour

11/2 tsp baking powder

1/2 tsp bicarbonate of soda

75g (21/20z) chopped almonds

I ripe mango, peeled, diced

### **TO DECORATE**

### powdered xylitol

- I Preheat the oven to 180°C/Gas Mark 4. Grease a 23×13cm (9×5in) loaf tin and line the base with non-stick
- 2 Beat together the margarine and xylitol until blended.
- 3 Add the mango purée, egg and vanilla, then beat
- 4 Sift in the flour, baking powder and bicarbonate of soda, stirring until just combined. Stir in the almonds and diced mango.
- 5 Pour into the tin and bake in the oven for about 40 minutes – a skewer inserted into the centre should come out clean. Cool in the tin for 10 minutes, then place on a wire rack to cool completely.
- 6 Cut the cake into six-eight pieces and sprinkle the top with a little powdered xylitol.

TIP For powdered xylitol: place the xylitol in a food processor and blend to a powder

# Chocolate pear cake

GF DF EF V

Serves 6-8 | Prep 20 mins | Cook 30-40 mins | Calories 317 (per serving)

60ml (2fl oz) rice or almond milk

I tsp cider vinegar

I ripe pear, peeled, cored, chopped

115g (4oz) vegan margarine

115g (4oz) caster sugar

2 very ripe bananas, peeled, mashed well

60g (2oz) plain vegan chocolate, melted and cooled

60g (2oz) sweet rice flour

60g (2oz) sorghum flour

3 tbsp cocoa powder

11/4 tsp gluten-free baking powder

I-2 tbsp vegan chocolate, grated

- Preheat the oven to 180°C/Gas Mark 4. Grease a 450g (11b) loaf tin.
- 2 Mix together the milk and vinegar and set aside.
- **3** Beat together the margarine and sugar in a mixing bowl until light and creamy. Add the mashed banana gradually, beating well after each addition.
- 4 Add the melted chocolate and beat until smooth. Add the milk mixture and beat until incorporated. Add the flours, cocoa and baking powder and beat until blended.
- 5 Pour the mixture into the tin and smooth the top. Sprinkle with the pears.
- **6** Bake in the oven for 30-40 minutes until cooked through. Cover with foil if the cake is browning too much as it cooks. Sprinkle the top of the warm cake with a little grated chocolate. Cool in the tin for 15 minutes, then place on a wire rack to cool completely.























# Boysenberry-apple tart

GF DF EF V

Serves 6-8 | Prep 20 mins plus chilling | Cook 40 mins | Calories 566 (per serving)

#### **FOR THE PASTRY**

175g (6oz) gluten-free plain flour, plus extra for dusting I tbsp cornflour ½ tsp gluten-free baking powder 7 tbsp vegan margarine, diced 50g (1¾oz) ground almonds 50g (1¾oz) caster sugar 2-3 tbsp oat milk

#### **FOR THE FILLING**

**FOR THE STREUSEL** 

600g (21 oz) boysenberries, or blackberries I apple, peeled, diced 2 tbsp lemon juice 200g (7oz) silken tofu 75g (21/20z) icing sugar 2 tbsp cornflour 2 tbsp ground almonds

> 120g (4oz) gluten-free plain flour 50g (1¾oz) chopped almonds 80g (3oz) caster sugar 100g (3½oz) vegan margarine, diced

- I For the pastry, sift the flour, cornflour and baking powder into a mixing bowl. Rub in the margarine until it resembles fine breadcrumbs.
- 2 Stir in the almonds and sugar. Stir in the milk, a little at a time, until a soft dough forms. Wrap in clingfilm and chill for 30 minutes.
- 3 Preheat the oven to 180°C/Gas Mark 4. Grease a 23cm (9in) tart tin or dish.
- 4 For the filling, toss the berries and apple with half the lemon juice.
- 5 Mix together the tofu, remaining lemon juice, icing sugar, cornflour and the almonds until smooth.
- 6 Roll out the dough on a lightly floured surface and use it to line the tin.
- 7 Spoon the tofu mixture into the pastry case, then top with the berry mixture.
- 8 For the streusel, mix together all the ingredients with your hands until crumbly. Sprinkle on top of the fruit, then bake in the oven for about 40 minutes until golden brown. Cool in the tin.











#### **Macaroons**

GF SF

Makes **20-25** | Prep **25 mins** | Cook **15 mins** | Calories **118** (per macaroon)

#### **FOR THE MACAROONS**

175g (6oz) powdered xylitol 125g (4½oz) ground almonds 3 large free-range egg whites a pinch of salt

75g (2½oz) xylitol

food colourings, pink, green, yellow, blue

#### FOR THE VANILLA FILLING

90g (3oz) unsalted butter 175g (6oz) powdered xylitol a few drops vanilla extract

#### FOR THE CHOCOLATE FILLING

100g (3½oz) sugar-free dark chocolate, finely chopped 55ml (2fl oz) single cream I tsp instant coffee powder

- I For the macaroons, blend the powdered xylitol and ground almonds in a food processor until very fine.
- 2 Whisk the egg whites with the salt until soft peaks form. Gradually whisk in the xylitol until the mixture is thick and glossy.
- 3 Fold the almond mixture into the meringue and mix well.
- 4 Divide the mixture into separate bowls and add a few drops of colouring to each bowl.
- 5 Spoon (or pipe) the mixture in small rounds onto two baking trays lined with non-stick baking paper. Leave to stand for 15 minutes to form a slight skin.
- 6 Preheat the oven to 160°C/Gas Mark 3.
- **7** Bake in the oven for about 15 minutes until firm. Cool on the baking trays for a few minutes, then place on a wire rack to cool completely.
- 8 For the vanilla filling, beat the butter until soft. Sift in the powdered xylitol and beat until smooth. Beat in the vanilla.
- 9 Spread the filling onto one half of each macaroon, top with the remaining half and press together lightly.
- 10 For the chocolate filling, melt the chocolate in a heatproof bowl over a pan of simmering (not boiling) water. Remove from the heat and allow to cool and thicken.
- II Warm the cream slightly and dissolve the instant coffee in it. Allow to cool, then whisk until stiff.
- 12 Fold the coffee cream into the cool melted chocolate.
- 13 Spread the chocolate filling onto one half of each macaroon, top with the remaining half and press together lightly.

TIP For powdered xylitol: place the xylitol in a food processor and blend to a powder.













### Redcurrant cake







Serves 6 | Prep 20 mins plus 3 hrs for chilling | Cook 10 mins | Calories 486 (per serving)

200g (7oz) vegan, gluten-free, sugar-free biscuits, crushed to crumbs

100g (3½oz) vegan margarine, melted

#### **FOR THE CREAM**

250ml (9fl oz) soya yoghurt 200ml (7fl oz) soya cream I tbsp lemon juice

I tsp finely grated lemon zest

3 tbsp powdered xylitol, plus extra for dusting

75ml (21/2fl oz) oat milk

I tsp agar agar powder I-11/2 tsp carob powder

#### **FOR THE BERRIES**

300g (I loz) redcurrants, plus extra to finish I-2 tbsp xylitol

100ml (31/2fl oz) red fruit juice

I tsp cornflour

2 tsp water

- I For the base, mix together the biscuits and margarine. Press into the bases of six ramekins. Chill.
- 2 For the cream, whisk together the yoghurt, cream, lemon juice and zest until blended. Stir in the powdered xylitol.
- 3 Heat the oat milk in a pan and stir in the agar agar. Bring to a boil, then reduce the heat and simmer, stirring for 2-3 minutes. Quickly whisk into the yoghurt cream. Whisk in the carob powder gradually. Pour onto the bases and chill for at least 3 hours.
- 4 For the berries, put the berries, xylitol and juice in a pan and bring to a boil.
- 5 Stir together the cornflour and water until smooth, then stir into the sauce and simmer for 1-2 minutes. Remove from the heat and leave to cool.
- 6 Spoon the berry mixture on top of the filling, top with more redcurrants and sprinkle with powdered xylitol.





### Tofu cake



Serves 12-16 | Prep 20 mins plus 3 hrs for chilling | Cook 10 mins | Calories 340 (per serving)

#### **FOR THE BASE**

200g (7oz) gluten-free, sugar-free ginger biscuits, crushed to crumbs

100g (3½oz) coconut oil, melted

#### FOR THE FILLING

600g (21oz) silken tofu 135g (5oz) soya milk powder 170g (6oz) xylitol 50ml (13/fl oz) honey

5 tbsp lemon juice

2 tbsp melted coconut oil

I tbsp cider vinegar

3-4 tsp rose water

½ tsp salt

225ml (8fl oz) water

6 tsp agar agar powder

#### **TO DECORATE**

unsprayed rose petals

- For the base, preheat the oven to 180°C/Gas Mark 4. Grease a deep 23cm (9in) springform square tin.
- 2 Mix together the biscuit crumbs and coconut oil. Press firmly into the base of the tin. Bake in the oven for 10 minutes. Remove and allow to cool.
- **3** For the filling, put all the ingredients, except the water and agar agar powder, into a food processor and process until smooth.
- 4 Heat together the water and agar agar powder in a pan and bring to a boil. Reduce the heat and simmer gently for 5 minutes, stirring occasionally.
- 5 Add to the filling mixture in the food processor and blend together. Immediately pour through a sieve onto the base. Chill for about 4 hours until set.
- 6 Cut into slices to serve and decorate with rose petals.



# Strawberry and almond sponge cake

GF SF DF EF V

Serves **8-10** | Prep **15 mins** | Cook 25-35 mins | Calories 238 (per serving)

40g (1½oz)

ground flaxseed

50g (1¾oz) ground almonds

150ml (5fl oz)

almond milk

75ml (2½fl oz)

apple juice

2 tsp cider vinegar

2 tsp vanilla extract

50ml (13/4fl oz) agave syrup

sunflower oil

50ml (13/fl oz)

I tsp gluten-free baking powder

I tsp bicarbonate of soda

150g (5oz) rice flour

200g (7oz) strawberries,

chopped

40g (1½oz) flaked

almonds

TO DECORATE powdered xylitol

- Preheat the oven to 190°C/Gas Mark 5. Grease a 20cm (8in) cake tin and line the base with non-stick baking paper.
- 2 Whisk together the ground almonds, flaxseed, almond milk and apple juice.
- 3 Add the cider vinegar, vanilla, agave syrup, oil, baking powder and bicarbonate of soda, then whisk again.
- 4 Sift in the rice flour and whisk gently until combined. Gently stir in the strawberries.
- **5** Pour into the tin and sprinkle the top with flaked almonds.
- 6 Bake in the oven for 25-35 minutes, until deep golden brown and cooked through. Cool in the tin for 10 minutes, then place on a wire rack to cool completely.

TIP For powdered xylitol, place the xylitol in a food processor and blend to a powder.

























### Polenta with bananas



Serves 4 | Prep 15 mins | Cook 15 mins | Calories 352 (per serving)

300ml (I Ifl oz) milk 50g (1¾oz) xylitol 60g (2oz) polenta 2 bananas, peeled

#### **TO DECORATE**

#### powdered xylitol

- Preheat the oven to 180°C/Gas Mark 4. Butter four ramekins.
- 2 Heat the milk in a pan to a boil. Stir in the xylitol and polenta. Remove from the heat and stir for about 3 minutes until thickened.
- 3 Slice the bananas.
- 4 Pour the polenta mixture into the ramekins. Arrange the banana slices on top and press into the polenta.
- **5** Bake in the oven for about 15 minutes until set. Sprinkle with powdered xylitol.

TIP For powdered xylitol, place the xylitol in a food processor and blend to a powder.

# **Coconut bars**



Makes 18 | Prep 15 mins | Cook **25-30 mins** | Calories **161** (per bar)

3 large free-range eggs 225ml (8fl oz) coconut milk 75ml (21/2fl oz) coconut oil, melted 75ml (21/2fl oz) liquid honey 2 tsp vanilla extract 75g (2½oz) finely ground almonds I tbsp coconut flour 115g (4oz) desiccated coconut

#### ¼ tsp salt

- Preheat the oven to 170°C/Gas Mark 3. Grease a 20cm (8in) square tin and line the base with non-stick baking paper.
- 2 Whisk together the eggs, coconut milk, coconut oil, honey and vanilla.
- 3 Mix together the dry ingredients.
- 4 Add the dry ingredients to the wet ingredients and beat gently until combined.
- **5** Pour into the tin and bake for 25-30 minutes until the top is just golden. Cool in the tin for 30 minutes, then place on a wire rack to cool completely.





















# Strawberry mousse cake squares

GF SF DF EF V

Makes 12-16 | Prep 20 mins plus chilling | Cook 20-30 mins | Calories 182 (per square)

I 50g (5oz) xylitol, plus extra to taste
FOR THE BASE

6 tbsp sunflower oil I tbsp vanilla extract ½ a ripe banana, peeled, mashed I 70g (6oz) gluten-free self-raising flour 4 tbsp water

#### FOR THE TOPPING

12½g (½oz) vegan gelatine powder
500g (18oz) strawberries
400ml (14fl oz) coconut cream, chilled
xylitol, to taste

#### **TO DECORATE**

sugar-free vegan chocolate, grated

- Preheat the oven to 190°C/Gas Mark 5. Grease a deep 23cm (9in) springform square baking tin and line the base with non-stick baking paper.
- 2 Beat together the sugar, oil, vanilla and banana in a mixing bowl until combined.
- 3 Add the flour and water and mix well.
- 4 Put into the tin and bake in the oven for 20-30 minutes until golden. Cool in the tin.
- 5 Blend the strawberries in a food processor or blender to a smooth purée. Put into a bowl. Sprinkle over the gelatine powder and whisk until combined.
- 6 Whisk the coconut cream and xylitol to taste until thick and fluffy. Fold about one-third into the strawberry mixture. Continue adding the cream in small amounts until combined.
- **7** Pour on top of the cake base and chill for at least 4 hours until set.
- 8 Sprinkle with grated chocolate and cut into squares to serve.



# MatisaRaw Food Diet?

Acclaimed blogger Laura Hemmington shows how adopting a raw food diet can be healthy, less intensive on the environment and beneficial for weight loss...

FYOU'RE A KEEN FOODIE, trend-follower, or even just an observant shopper, you're bound to have noticed the recent growth in popularity of raw food diets; 'eating raw' has, apparently, gone mainstream. Together with a rise in the number of people making the transition to a diet based on whole foods (as opposed to processed foods), adopting a raw food diet is seen by many as healthy, less intensive on the environment and beneficial for weight loss. But what does a raw food diet actually entail, and why are so many people keen to spread the word? And is it really that good for you?

To find the answers to some of these questions, let's take a brief look at the origins of the raw food diet. Modern interest and the study into nutrition from a raw (and in particular plantbased) perspective started gaining popularity in the late 19th century, with advocates including, perhaps most famously, Max Bircher-Benner. The nutritionist and inventor of muesli claimed to have healed his own jaundice with a mostly raw, vegan diet; following which he founded what is now known as the Bircher-Benner Clinic. Early pioneers in this field approached nutrition from principles of fasting and restriction, with a focus on foods that had a holistic, positive impact on the body.

Today, it's more likely that you'll hear about the raw food 'movement' from documentaries like Eat to Live and Supercharge Me! 30 Days Raw, and celebrity proponents such as Woody Harrelson and Jason Mraz. If you're an Instagram foodie, it's more than likely that your timeline is peppered with Californians and Australians displaying their colourful juices, smoothie bowls and raw tacos, accompanied by hashtags like #strongnotskinny #cleaneating and #rawtilfour. Because eating a raw food diet really has gained a following. No

longer confined to alternative therapists or the hippy trail, eating raw has become an assertion of healthy living, a trend, a lifestyle and an aspiration.

So what does 'eating raw' really mean? To begin with, a raw food diet often goes hand-in-hand with one that's plant-based, or vegan, so if you've already cut out animal products

and follow a healthy diet, the chances are that you're probably already eating a good portion of raw fruits and vegetables. Eating raw, however, isn't limited to vegans and vegetarians, as the recent upsurge in the Paleo diet, which has raw adherents, shows.

But raw doesn't necessarily mean

uncooked, and it certainly doesn't mean only eating fruits and vegetables. For a fully balanced diet that will provide you with all of the protein, healthy fats, fibre and nutrients you need, a raw food diet needs

to incorporate plenty of unprocessed seeds, nuts and grains; as well as the vegetables high in vitamins, minerals and protein, such as leafy greens. If





raw foods are being 'cooked', they are prepared below a certain temperature (which is generally accepted to be around 40-47 °C, the point at which certain beneficial enzymes are believed to be destroyed); using processes such as dehydrating. 'Living' foods, which you may have seen labelled as 'sprouted' or 'activated' and include nuts, seeds and breads, are also becoming much more popular due to their higher enzyme content.

The focus on enzymes stems from the belief that the greater the number of enzymes contained in food, the better it can be digested. Cooking is thought to destroy a lot of enzymes, and therefore makes it harder for our bodies to digest what we've eaten; making it less beneficial in terms of nutrition, energy levels, immunity and other health benefits. As with all dietary advice, however, it should be noted that scientific studies are yet to prove a definitive link.

Aside from enzymes, one of the major draws for followers of a raw plant-based diet is the belief in a higher intake of antioxidants and phytonutrients, which are thought to help reduce the levels of free radicals in the body and prevent cancer. Again, these links are yet to be proven. There is, however, much anecdotal evidence of plant-based raw food adherents noticing improvements to medical issues such as diabetes, cholesterol, skin complaints and obesity - it's hard to doubt the claim that a diet based on more whole food, plant-based ingredients and raw foods can have a positive impact on our BMI. Plantbased foods fill you up, so you tend to eat fewer calories, as well as feeling lighter, brighter and more energised. But remember, a raw diet that includes lots of fruits that are high in natural sugars will actually be surprisingly high in calories and may pose a risk to your dental health.

Deciding how 'raw' to make your diet is all down to balance. Some foods are actually better for us when cooked, as the heating processes makes plant fibres more digestible and nutrients more easily absorbed. One example is that of carotenes, the nutrients found in vegetables such as carrots, which are known to be better absorbed once cooked. And don't forget that if you wish to follow an omnivorous raw diet you should be mindful of the bacteria present in some forms of uncooked meat, eggs and dairy.

On the whole, the benefits of eating raw can probably best be felt by eating a varied diet rich in nutrients such as calcium, Vitamin B12 and Vitamin D



(specifically, Vitamin D2 for vegans), which can all be lacking in a fully-raw diet. Most raw foodists now adhere to a diet that is around 75% raw, noting the benefits to cooking (lightly) certain types of foods.

# So, where's the best place to start when considering a raw food diet?

Most adherents will suggest taking it one step at a time - you don't want to shock your body! Switching to a totally raw diet, or detoxifying, in one step can result in headaches, outbreaks of skin problems and nausea. If you've ever given up caffeine for a period of time, you'll be familiar with the body's response to rapid change. So take it one step at a time and have a go at gradually incorporating some raw dishes into your repertoire. How about replacing cooked pasta with raw zoodles (courgette noodles), combining dates, nuts and raw cacao to make raw brownies, or being a little more adventurous and creating a dehydrated pizza crust from squash or cauliflower?

# Include these raw power foods into your diet for super nutrient levels!

Leafy greens: (romaine, kale, chard, spinach): High in protein, vitamins E and C, and the antioxidant chlorophyll, leafy greens are a delicious and filling way to include more raw vegetables into your diet. Try

marinating kale in lemon juice and a little oil to make a tasty salad.

- Nuts & seeds, raw & sprouted: (almonds, walnuts, sunflower, pumpkin, hemp & chia seeds): these provide a high dose of vitamins, minerals, protein and dietary fibre, as well as owering blood cholesterol.
- Fermented vegetables: (pickled radish, sauerkraut, kimchi). Great for digestion and an easy way to add immunity-boosting probiotics and a bit of zing to your meals.
- Raw cacao: unprocessed and sugar-free, raw cacao retains all of the nutrients and good fats lost through heating. A genuinely healthy way to enjoy chocolate!

#### Foods that are better cooked:

- Carrots: beta-carotene is more easily absorbed and converted to Vitamin A when carrots are cooked.
   Tomatoes: easier to digest, releasing higher levels of the antioxidant lycopene.
- **Spinach:** wilt these green leaves to make the most of their high levels of iron and calcium.
- Asparagus: the antioxidant ferulic acid is more easily-released when cooked.
- Potatoes: starchy, bitter and sometimes toxic when green, potatoes are best enjoyed cooked.

Find out more @ www.thewholeingredient.com



# Gluten-Free HEAVEN

# Next issue Summer desserts

Make the most of the weather with light and tropical sunshine puddings

#### EAT HAPPY DRINK HEALTHY

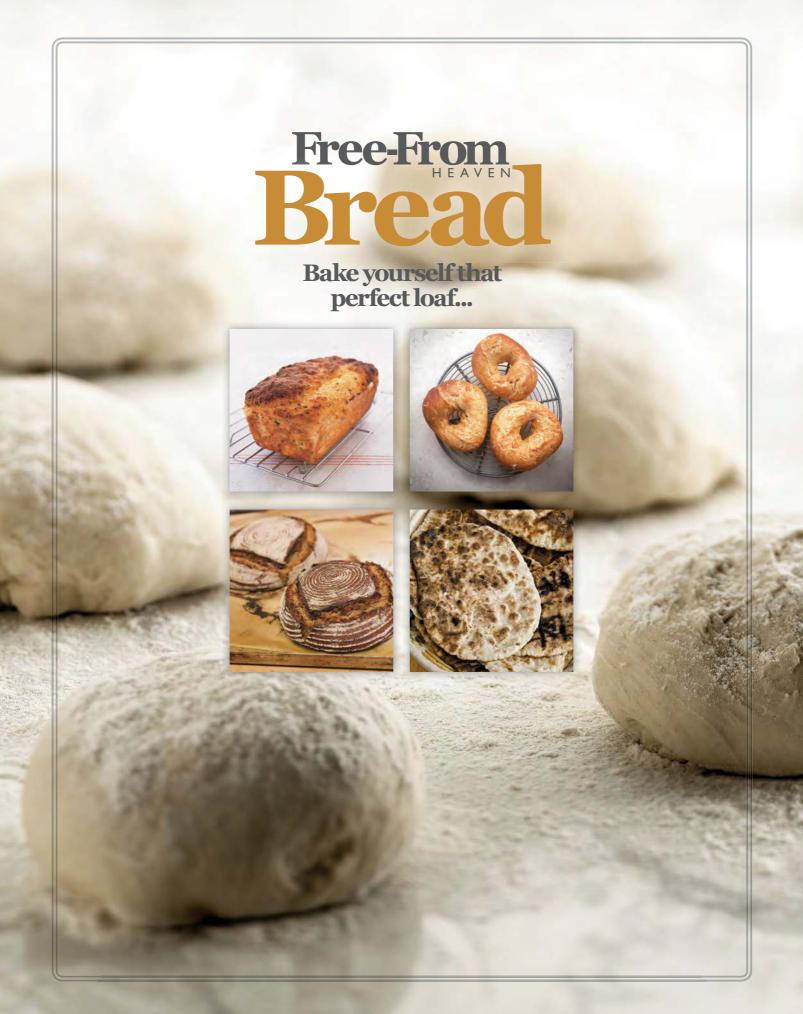
Learn how to improve your Tuck into some tasty mood with 'feel good foods' Juices and smoothies

Gluten-free snacks on the go Ask the experts



Photography taken from Against The Grain by Nancy Cain, published by Clarkson Potter.

\* Contents subject to change





### Feta and herb loaf

By Samantha Warrington

#### GF MF

Serves 14 | Prep 20 mins plus 30 mins for rising | Cook 45 mins | Calories 148 (per slice)

200g (7oz) polenta 100g (31/20z) rice flour 50g (2oz) dried milk powder a pinch of salt

7g (4oz) sachet of fast-action dried yeast

2 tsp caster sugar

2 tsp xanthan gum

3 free-range eggs, beaten

2 tbsp mixed herbs, chopped 450ml (16fl oz) tepid water

100g (31/20z) feta cheese, crumbled

- Preheat the oven to 180°C/Gas Mark 4. Grease and line a 1kg (2lb) loaf tin. Sift the polenta, flour, milk powder and salt into a large bowl and stir well to combine. Stir in the yeast, sugar and xanthan gum.
- 2 Place the eggs, herbs and water in a bowl and mix together. Stir into the dry ingredients and combine to form a soft dough. Beat for 5 minutes, then stir in the
- 3 Spoon the mixture into the loaf tin, cover with a clean damp tea towel and leave in a warm place to rise for about 30 minutes, until the mixture is near the top of the tin. Bake in the tin for about 45 minutes, until brown and hollow-sounding when tapped.
- 4 Remove the loaf from the oven and transfer to a wire rack to cool.

Recipe taken from The Gluten-Free Recipe Book, published by Bounty. (RRP £9.99)















# Sun-dried tomato bagels

By Lucy Parr (www.lucysfriendlyfoods.wordpress.com)



Makes 10 | Prep 25 mins plus 1 hr for rising | Cook 15-18 mins | Calories 190 (per bagel)

2 tbsp caster sugar ½ tbsp soft brown sugar

1 1/2 tsp salt

I tbsp fast-action dried yeast

4 sun-dried tomatoes, blitzed or mashed to a paste with I tbsp of the oil they came in

300ml (10fl oz) warm water

500g (IIb loz) strong bread flour

I tsp dried oregano

I tbsp bicarbonate of soda

I tbsp non-dairy milk, for brushing

a few flakes of sea salt

- In a large bowl, combine the flour, sugars, salt, yeast and oregano. Pour in the tomato oil mixture and water, then mix until you have a nice smooth, pliable dough (if you have a mixer with a dough hook use that).
- 2 Knead until the dough is silky smooth and bounces back when you make an indentation. Place in a lightly oiled bowl, cover and leave to rise for about I hour, or until doubled in size.
- 3 Meanwhile, preheat the oven to 220°C/Gas Mark 7, oil a baking sheet and bring a pan of water to the boil.
- 4 Cut the dough into 10 equal-sized pieces. Shape each into a ball, then insert a wooden spoon handle in the middle to make a hole. Twizzle until the hole is at least 2cm (lin) across. Once all the bagels are shaped, tip the bicarbonate into the water. Place each bagel in the boiling water for about 30 seconds. Lift out, drain off the excess water and place on the baking sheet.
- 5 Brush with the milk and sprinkle with the salt and a little extra oregano. Bake in the oven for 15-18 minutes until golden, then allow to cool on a wire rack.















By Rude Health (www.rudehealth.com)



Serves 12 | Prep 25 mins plus up to 18 hours for rising and chilling | Cook 40 mins | Calories 140 (per slice)

500g (IIb loz) sprouted spelt flour 400ml (14fl oz) cold water 10g (1/4 oz) fine sea salt 5g (1/80z) fresh yeast

- I Place your flour in a bowl. Add the yeast to the water in another bowl and stir it until it has fully dissolved.
- 2 Make a well in the flour and add the yeasted water. This is a no-knead recipe so, with your hand, use your fingers like a fork and gently bring the mixture together until the flour has cleared.
- 3 Cover the bowl with a cloth and leave for 40 minutes.
- 4 Add the salt and a splash of water and gently stretch the salt through. Cover and place in the fridge for about 8 hours, or up to 18 hours.
- 5 Heavily dust a proving basket with sprouted flour. Take your dough out of the bowl and shape into a firm domed round. Place into a basket seam side up. Cover with a cloth and leave to rise for a further 2 hours at room temperature.
- 6 Preheat the oven to 230°C/Gas Mark 8.
- 7 Dust a round cast iron pot with polenta or flour, and place your dough into the pot seam side down.
- 8 Score the top of the dough, cover, then bake in the oven for 30 minutes with the lid on, then a further 10 minutes with the lid off.
- 9 Remove from the oven, tip the bread out of the pot and cool for 30 minutes.



## Grilled garlic and onion flatbread

By H. Alexander Talbot and Aki Kamozawa

GF SF EF MF

Makes 8 | Prep 25 mins plus 1-6 hrs for resting | Cook **6-8 mins** | Calories **200** (per flatbread)

I garlic clove, peeled I onion, peeled, sliced

1½ tsp fine sea salt

½ tsp gluten-free soy sauce

½ tsp ground cumin 430g (I5oz) gluten-free

flour blend (see below) 1/2 tsp instant yeast

#### FOR THE FLOUR -MAKES 2KG (4LB 4OZ)

700g (IIb 8oz) cornstarch

500g (IIb loz) tapioca starch

300g (10½oz) white rice flour

200g (7oz) brown rice flour

200g (7oz) non-fat milk powder

100g (3½oz) potato flour 20g (¾oz) xanthan gum

- I For the flour, mix all the ingredients together. The leftover flour can be stored in an airtight container for up to 6 months. Put the garlic, onion, salt, soy sauce and cumin in a blender and purée until smooth. Add enough water to make 450ml (16oz) of liquid.
- 2 Put the flour and yeast in a bowl and whisk, Pour the liquid into the flour and mix. Turn it out onto a clean surface and knead it a few times until smooth. Let the dough sit at room temperature for at least I hour, and up to 6 hours.
- 3 Preheat the grill to medium-high. Divide the dough into eight equal pieces about 85g (3oz) each. Roll each one into a round approximately 5mm (1/4 in) thick.
- 4 Lay the flatbreads on the grill and cook for 2 minutes. Give them a quarter turn and cook for 1-2 minutes more, until they rise and there are grill marks on the bottom. Flip the breads and cook for 2 minutes. Give them all a quarter turn and cook for another 1-2 minutes, until they are well marked on the second side and cooked through.









Protein

Recipe taken from Gluten-Free Flour Power by H. Alexander Talbot and Aki Kamozawa, published by WW Norton. (RRP £22).













# Table Talk Mira Manek

Best-selling author Mira Manek gives us her tips on essential healthy eating...

tarting with her family's trousseau of recipes, Mira began to tweak ingredients here and there and in doing so, realised the endless possibilities of the wealth of spices and ingredients in her kitchen. She has aimed to change the perception that Indian food is a heavy and oily cuisine, and instead, in its essence, is enriching, nutritious and light.



I began to realise you can eat almost everything, but tweak it slightly to make the dish healthier and more nutritious, while retaining the flavour and spices. I began to experiment with different flours, and realised the endless possibilities of changing, swapping and innovating using the ingredients in my kitchen.

#### The perfect Indian bread

I make my rotis or chappatis with a mix of quinoa and buckwheat flour, both high in protein and easy to digest - and they taste delicious together. We also use chickpea flour in making various Gujarati snacks, which I absolutely love - again doesn't leave you feeling heavy.

A balanced mind

in your meal.

Don't deny yourself things because that is

when healthy eating becomes associated

way you can, starting with small changes

- eating fresh food, finding the right dish

on the menu or finding easy recipes that

compromising on flavour, understanding

mindfully. And if you really want something,

then have it, but have a smaller quantity and

make sure you have something protein-rich

are tasty, filling and satisfying without

your body better, eating slowly and

with dieting, when it is absolutely not. Make

'healthy' a part of your lifestyle in whatever



#### Be brave in the kitchen

I do always love a good daal (hence the name of my first book - Green Daal Stories). But recently, I've started experimenting with cauliflower 'rice' and one of my favourite dishes is now colourful cauliflower rice with spices and vegetables. It looks like stir-fried rice with red peppers, spring onions, peas and carrots, spiced with turmeric and cumin seeds, but it's grated cauliflower instead of rice! I want to start experimenting with hemp milk more. And I love making cashew milk and cream for my drinks and desserts, such as the cardamom chia shake.

#### Superfoods to surprise

I make saffron porridge with goji berries, my Chai Chia Bowl, which is on the breakfast menu at the Holborn Dining Rooms at the Rosewood Hotel, is made with the amazing chia seeds, in a blend of nut milk sweetened with dates. I generally love using chia seeds. I love hearty salads and have come up with an Indian Summers salad which combines kale and cabbage with pistachios, dates and strawberries, and the dressing is made from cashews, coriander, lime and lots more.

For more recipes and info on Mira's book Green Daal Stories, visit www. miramanek.com or @miramanek



#### The enemy within

When I speak to people and say I've written a book about Indian healthy food, the most common reaction has been 'is there such a thing'. I didn't realise until recently just how many people think of Indian food as unhealthy or simply oily and heavy. But as a teenager, when I started putting on weight, had digestion problems and acne, even though the food we had at home was healthy and nutritious, I started to think of oil as the absolute enemy, and I started opting for low-fat and no fat everything, whether it was skimmed milk or a low fat granola bar or cereals. But what took me some time to realise is that feeding my body with processed foods that are low in fat and in fact high in sugar was not the answer, and that was probably why I wasn't seeing any real changes in my body. It was yoga that really made me start eating healthier and in fact led me back to my own home-cooked food, the food that my mother and my grandmother have always made.

Photo © Mira Manek

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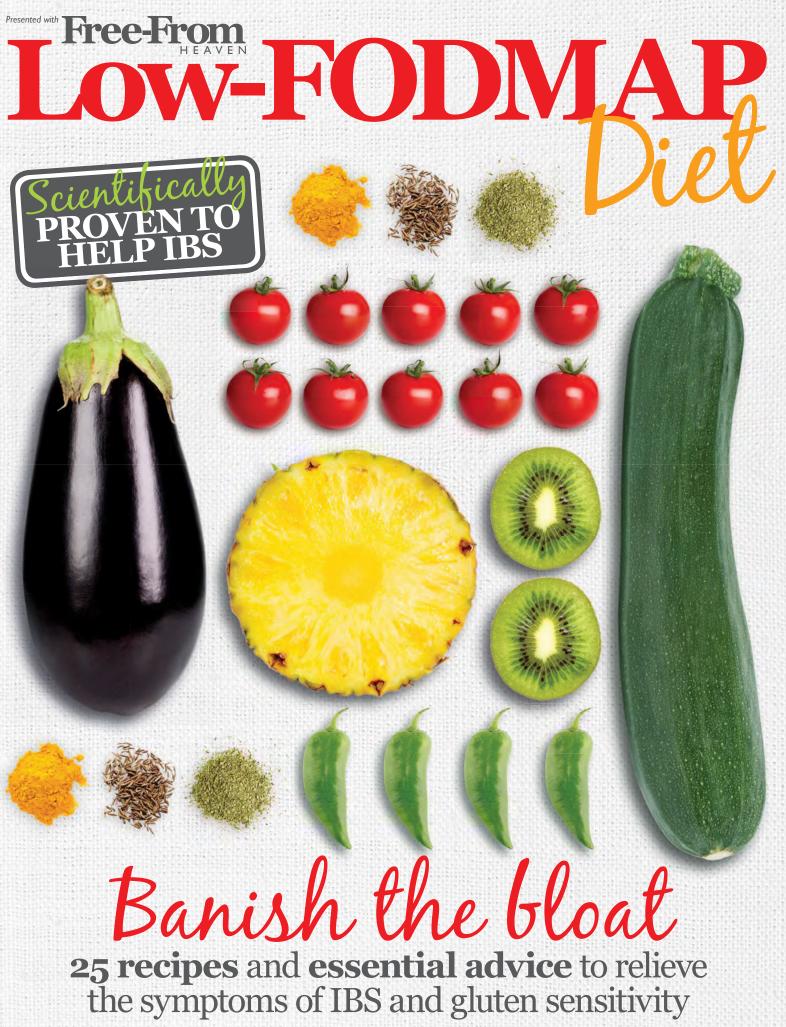


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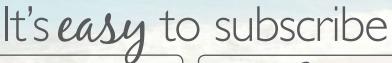
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# Free-From HEAVEN LOW-FODMAP



As with any diet that you are about to embark on, it's always important to seek out proper medical advice, a point stressed on page 4 by the founder of the Low-FODMAP diet, Dr Sue Shepherd, as she explains the science and the benefits of introducing this relatively new diet into your lifestyle. With astonishing global and national statistics that back-up Dr Shepherd's assertions, we at *Free-From Heaven* believe this is a programme that could well be on the cusp of

becoming a go-to dietary solution to hit the mainstream, especially for those suffering with IBS or non-coeliac gluten sensitivity. Knowing what to eat and when to eat it is a ongoing challenge for most of us, and relating that to your day-to-day lifestyle is a battle that is often beyond many of us. The Low-FODMAP diet seems to have addressed this by delivering all the lovely meals you are used to eating, but providing it in a 'regime' that maintains a healthy stomach and thus keeping a smile on your face!

We have put together 25 stunning Low-FODMAP recipes that should give you a great introduction to the diet, spanning fantastic breakfast, lunchtime, dinner and dessert ideas – we'd love to know what you think...

Nick

Nick Gregory Deputy Editor

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# Get started on a Low-HDWAP diet

Dr Sue Shepherd, founder of the Low-FODMAP diet, explains the benefits of this relatively new way of eating, believed to be beneficial to almost a fifth of the population...



Dr Sue Shepherd is an Advanced Accredited practising dietitian who graduated with a Bachelor of Applied Science in Health Promotion and post graduate Masters in Nutrition and Dietetics. She completed her PhD research in aspects of coeliac disease, irritable bowel syndrome and fructose malabsorption, and developed the Low-FODMAP diet.

HE WORD FODMAP might not have been in your vocabulary 10 years ago, but the Low-FODMAP diet is now a hot topic in medicine as a treatment for symptoms of irritable bowel syndrome (IBS). IBS is incredibly common and affects 1 in 7 people.

What is Irritable Bowel Syndrome?

Those with IBS experience symptoms including abdominal pain, bloating, distension, excess wind, diarrhoea, constipation or alternating bowel habits. It can be experienced by children and adults and both genders (although reportedly more common in women). For a long time, IBS was a personal topic that few people talked about (the symptoms are not those that make for 'dinner time conversation'), so often people may prefer instead to manage in isolation and/or suffer in silence. This is not the answer to IBS.

#### Aren't these symptoms normal?

These symptoms affect everyone from time to time - when does it become IBS? Well, everyone should pass wind - it is normal - however when it begins to become a problem in your life, then you should seek advice from your doctor. Women often feel bloated - in small, irregular frequencies, that may be normal. However, if you feel that you pass lots of wind, feel bloated/ distended, have altered bowel habits. have abdominal pain on a regular basis, and it is now becoming an obvious problem in your life - that's when it is time to talk to your doctor. Your doctor will ask you about the type, frequency and severity of your symptoms. As the symptoms of IBS are similar to some other conditions, do not self-diagnose! Your doctor can investigate you for coeliac disease, inflammatory bowel disease (eg. Crohn's disease, Ulcerative Colitis), and possibly other conditions

including gynaecological issues and others. If IBS is confirmed, then the Low-FODMAP Diet is recommended.

What are FODMAPs and how do they trigger symptoms of IBS?
The term 'FODMAP' is an acronym that

- Fermentable broken down (fermented) by bacteria in the large bowel.
- Oligosaccharides

stands for:

- molecules that are made up of individual sugars joined together in a chain; include fructans (eg found in wheat and onions) and GOS (eg found in legumes and lentils).
- Disaccharides
   double sugar
  molecules; include
  lactose (eg found
  in milk).
- Monosaccharides single sugar molecules; include fructans in excess of glucose (eg found in honey and apples).
- And
- Polyols sugar alcohols; include sorbitol, mannitol, maltilol and xylitol (eg found in plums and gums).

FODMAPs are a collection of sugars, found in foods naturally or as food additives. FODMAPs can be poorly absorbed in the small intestine and therefore they continue their journey through the digestive tract and arrive into the large intestine. Two major events then happen...

As FODMAPs are concentrated (highly osmotic), they attract water into the bowel. Also, FODMAPs are readily fermented by bacteria in the large bowel, contributing to gas production.

The increased gas production and water in the bowel can expand the bowels and alter how quickly the muscles of the bowels move. The effect of these can then trigger the symptoms of IBS: excess wind, abdominal pain, bloating and distension, and changes in bowel habits (constipation and/or diarrhoea).

Unlike a glutenfree diet, there is not a 'one size fits all' approach to someone's low FODMAP diet needs... So what is the Low-FODMAP diet? The Low-FODMAP diet has two phases:

Phase 1 Initially, an eight-week diet trial reducing the intake of foods high in FODMAPs is undertaken. It is recommended that the diet be

commenced under the advice of a dietitian, preferably a specialist in gastrointestinal nutrition.

Phase 2 It is then recommended to return to the specialist dietitian for a review and, all being well, to plan the next steps - ie. work out the type and amount of FODMAPs that can be reintroduced and tolerated before experiencing symptoms. Each individual has a different tolerance level (threshold) for the amount of FODMAPs they can manage before getting symptoms, and each individual can potentially differ as to which type of FODMAP they are sensitive to. It is important to determine how well a person can tolerate the reintroduction of FODMAPs, so that maximum variety in a nutritionally balanced diet can be obtained. People can remain on this



phase of the diet for the longer term – it is still the low FODMAP diet, however not a strict FODMAP restriction as carried out in the first phase.

The vast majority of people following the Low-FODMAP diet enjoy control of their IBS-type symptoms. Symptoms usually improve in only a few weeks (ie. during the first phase). However, it is important to undertake the second phase, so an individual is not cutting out/restricting more foods than they personally need to for their symptom relief. Unlike a gluten-free diet, there is not a 'one size fits all' approach to someone's Low-FODMAP diet needs. By completing the twostep process, most people find they experience symptom relief while not feeling the burden of an overly restrictive diet - they complete the journey to discover an individualised FODMAP dietary adjustment that is right for them.

## Who should follow the Low-FODMAP diet?

The Low-FODMAP Diet is only recommended for people with FODMAP-related medical conditions such as IBS (described above) and non-coeliac gluten sensitivity. People with non-coeliac gluten sensitivity are those who do not have coeliac disease however report improvement in symptoms on a gluten-free diet. Some interesting research has found that a Low-FODMAP diet can offer greater symptom relief than a glutenfree diet in people with non-coeliac gluten sensitivity. As FODMAPs (in particular fructans) are present in wheat, rye and barley, attention has now shifted from gluten being the potential symptom-inducing culprit for people with non-coeliac gluten sensitivity, to fructans. It might have been that it was fructans all along that were the triggers for symptoms in non-coeliac gluten sensitivity. People felt some improvement eating glutenfree foods, so assumed it was gluten that was the trigger, but by eating gluten-free foods, a person has actually simultaneously restricted their fructan intake when they avoided the wheat-, rye- and barley-based foods.

#### And is the Low-FODMAP

dietencouraged in the UK? Yes!
Researchers at Kings College in London have undertaken research into the Low-FODMAP diet, and in a 2011 study found that the Low-FODMAP Diet was considerably more effective in relieving symptoms of UK patients than the standard dietary treatment developed

by the National Institute for Health and Clinical Excellence (NICE). Kings College now conducts low FODMAP diet training sessions that are in great demand by dietitians and health professionals throughout the UK and EU.

With around 15% of the population having IBS and approximately 6% of the population having non-coeliac gluten sensitivity, around 20% of the population (1 in 5) people could potentially benefit from the Low-FODMAP diet. That is around 64 million people in the US, 12.5 million people in the UK, and 5 million people in Australia.

# Where can I go for more information?

Anyone following a Low-FODMAP diet should consult with a nutrition professional to discuss their dietary needs and ensure that they are guided through both steps of the Low-FODMAP diet. It is important to ensure they liberalise the diet and achieve the greatest amount of variety in the diet, and FODMAPs (and therefore their prebiotic potential) as tolerated. This

will also help give complete nutritional adequacy.

It is recommended to speak with your doctor about your symptoms and then consult with a specialist Dietitian (www.bda.uk.com or www. shepherdworks.com.au) to be taught the Low-FODMAP diet.

Additional information can be found at Dr Sue Shepherd's website www.shepherdworks. com.au and Skype/telephone consultations are available for people living outside Australia. Dr Sue Shepherd created the Low-FODMAP diet and is an internationally recognised expert dietitian for gastrointestinal conditions. Sue has also written many books on the Low-FODMAP diet including UK editions of The Low-FODMAP Diet Cookbook and The Complete Low-FODMAP Diet, published by Random House and available from www.randomhouse.co.uk.

#### EXAMPLES OF HIGH-FODMAP FOODS

- Excess Fructose: Apples, pears, mangoes, nashi fruit, boysenberry, watermelon, cherries, asparagus, Jerusalem artichokes, sugar snap peas, honey, high fructose corn syrup, agave
- Polyols: Apple, apricot, avocado, blackberry, cherry,
- nashi fruit, peach, pear, plum, prune, watermelon, cauliflower, mushrooms
- Lactose: Milk, ice cream, custard, yoghurt, ricotta cheese, cream cheese, cottage cheese.
- Fructans: Apple, persimmon, nectarine, watermelon, globe artichoke,
- asparagus, garlic, legumes, lentils, leek, onion, shallot, spring onion (white part), cashew, pistachio, wheat, rye, barley (in large amounts).

#### EXAMPLES OF LOW-FODMAP FOODS

- Fruit and fruit products: Banana, blueberry, canteloupe, carambola, dragon fruit, grapes, honeydew melon, kiwi fruit, lemon, lime, mandarin, orange, passion fruit, paw paw, pineapple, prickly pear, raspberry, rhubarb, strawberry, tangelo.
- ▼ Vegetables & veg
  products: Alfalfa, beans
  (green), bok choy, broccoli,
  capsicum, carrot, chives, choy
  sum, cucumber, aubergine,
  lettuce, olives, parsnip, potato,
  pumpkin, rocket, silverbeet,
  spinach, spring onion (green part
- only), squash, swede, tomato, turnip, courgette.
- \* Milk products:
  cheeses eg. blue vein, brie,
  Cheddar, colby, Edam, feta, gouda,
  mozzarella, Parmesan, Swiss,
  butter, cream, margarine, oat
  milk, rice milk, lactose-free ice
  cream, lactose-free yoghurt, small
  amounts of regular milk as
  an ingredient.
- Fructans: Buckwheat, corn, gluten-free bread & cereal products, millet, oats, oat bran, polenta, quinoa, rice.

Legumes, nuts and seeds:

Garlic-infused olive oil, onion-infused olive oil, herbs, spices.

Others: Sugar (sucrose), maple syrup, golden syrup, glucose, stevia, other artificial sweeteners not ending in 'ol'.



# Wakey wakey! Breakfast RECIPES

Kick-start your day with a dash of nourishment...



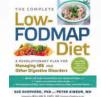
Makes 8 | Prep 20 mins | Cook 35 mins | Calories 322 (per crêpe)

130g (5oz) rice flour 75g (2¾oz) cornstarch 30g (loz) soya flour ½ tsp bicarbonate of soda 2 free-range eggs, lightly beaten 500ml (18fl oz) plantbased milk 2 tbsp caster sugar I tbsp finely grated orange zest 3 tbsp butter, melted cooking spray

**THE SAUCE** 250ml (9fl oz) orange juice finely grated zest of 2 oranges finely grated zest of I small lemon I tsp caster sugar, or more to taste 60ml (2fl oz) Grand Marnier or Cointreau, or an additional 60ml (2fl oz) orange juice 80g (2¾oz) butter icing sugar, for sprinkling

- I Sift the rice flour, cornstarch, soy flour and bicarbonate of soda three times into a large bowl (or mix with a whisk so they are well combined). Make a well in the middle. Add the eggs, milk, sugar and zest, then mix to form a smooth batter. Stir in the melted butter. Cover with clingfilm and set aside for 20 minutes.
- Heat an 18cm (7in) non-stick skillet or pan over a medium heat and spray with cooking spray. Pour 2-3 tbsp batter into the pan and tilt to coat the entire surface. Cook until bubbles start to appear, then turn and cook the other side. Transfer to a plate and cover with foil to keep warm. Repeat with the remaining batter to make eight crêpes in total, adding more cooking spray each time.
- 3 For the sauce, combine the orange juice and zest, lemon zest, sugar and liqueur in a small bowl. Melt the butter in the pan over a low heat. Slowly add the juice mixture and heat gently.
- 4 Place one crêpe in the pan with the sauce and warm through. Fold it in half and then in half again to make a wedge. Tilt the pan so the sauce flows away from the crêpe, then remove the crêpe and set aside on a warm plate. Cover with foil. Repeat with the remaining crêpes. When ready to serve, drizzle the crêpes with any remaining sauce. Serve with the orange segments and dusted with icing sugar.

Recipe taken from The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders by Sue Shepherd and Peter Gibson, published by The Experiment. (RRP £18).















# Tomato and feta baked eggs

By Stephanie Papillo (www.friendlylittlekitchen.com), GF SF MF Serves 4 | Prep 10 mins | Cook 20 mins | Calories 236 (per serving)

olive oil 200g (7oz) cherry tomatoes a handful of fresh basil I tsp hot paprika I tsp cumin 115g (4oz) tinned tomatoes, chopped a few handfuls of spinach leaves 4 free-range eggs salt and freshly ground black pepper 200g (7oz) feta cheese crusty gluten-free bread, to serve

- Lightly coat four ramekins with oil. Dice the cherry tomatoes into quarters and roughly chop the basil. Combine and set aside.
- 2 Place a small frying pan on a medium heat with a drizzle of olive oil. Add the spices and cook for I minute until fragrant. Add the tinned tomato and a sprinkle of salt and pepper. When it begins to boil, reduce to a simmer for 5 minutes. Add the spinach, stirring until it has wilted. Take the pan off the heat and set aside.
- Preheat the oven to 180°C/Gas Mark 4 and assemble the ramekins. Distribute the spinach mix and cherry tomato mix between the ramekins. Carefully crack I egg into each ramekin. Season with salt and pepper and crumble a sprinkling of feta cheese over the top.
- 4 Bake in the oven for 10 minutes, then turn the grill on for 5 minutes to finish cooking the eggs. More or less time may be needed depending on how you prefer your eggs.
- 5 Serve with crusty bread.











# Breakfast RECIPES



# Citrus granola

By Joana Oliveira (www.mygutfeeling.eu) **GF DF EF MF V** Serves 8 | Prep 15 mins | Cook 40 mins | Calories 363 (per serving)

200g (7oz) gluten-free rolled oats 2 tbsp uncooked quinoa 2 tbsp flax seeds 100g (3½oz) pecans 75g (2¾oz) pumpkin seeds 60g (21/40z) dried banana, or 30 banana chips finely grated zest of 2 small tangerines I tsp salt

½ tsp cinnamon 70ml (2¾fl oz) maple syrup 30g (1 4oz) brown sugar 60ml (21/4fl oz) melted coconut oil

- Preheat the oven to 150°C/Gas Mark 2. Line a large baking sheet with baking parchment.
- 2 Place the oats, quinoa, flax, pecans, pumpkin seeds, dried banana, tangerine zest, salt and cinnamon into a big bowl.
- 3 Add the maple syrup, sugar and oil and stir until well blended.
- 4 Spread out the mix on the baking sheet, then bake in the oven for 40 minutes or until the oats are golden brown and fragrant. Gently stir with a spatula every 10 minutes.
- 5 Let the granola cool completely in the baking tray before serving. You can store the granola in an airtight container for up to 2 weeks.

TIP It is advisable to eat one-eighth of the granola per meal, as the allowed quantity of oats is 23g (Ioz). Even if allowed, there are a lot of Low-Fodmapers that find oats hard to digest, so I advise you to test a smaller quantity first. We are also limited to 20g (¾oz) banana chips and the recipe calls for 30 chips, so if you stick to the recommended serving of one-eighth you'll be fine.













## Almond butter oat bites

By Kate Scarlata (<u>www.katescarlata.com</u>)

GF SF DF EF MF V

Makes 12 | Prep 15 mins plus chilling | Cook none | Calories 95 (per bite)

45g (11/20z) gluten-free rolled oats

55g (2oz) almond butter

I tbsp chia seeds

45g (1½oz) semi-sweet chocolate chips, roughly chopped

25g (loz) almonds, sliced

2 tbsp shredded coconut, optional

I tbsp coconut oil

I tbsp maple syrup

- Line a small baking sheet or tray with parchment paper.
- 2 In a medium bowl, add all of the ingredients and stir to blend.
- 3 Roll the mixture by the tablespoon with your hands into 2.5cm (Iin) balls and lay them on the parchment paper.
- 4 Place the baking sheet in the refrigerator to allow the bites to set.
- 5 The bites will keep in an airtight container in the refrigerator for up to I week.



# Overnight chia oats

By Nataliya Friend (www.notfromapacketmix.com)

GF DF EF MF V

Makes 5 | Prep 20 mins plus chilling | Cook none | Calories 194 (per serving)

90g (3oz) gluten-free rolled oats

40g (1½oz) chia seeds

20g (3/oz) unsweetened desiccated coconut 250ml (9fl oz) dairy-free Low-FODMAP milk of

choice

2 tbsp maple syrup

I banana, chopped

50g (1¾oz) blueberries

100g (3½oz) strawberries, diced

2 tsp cinnamon

a pinch of salt

- Prepare the fruit and set aside. Mix all the dry ingredients together in a large bowl with a pouring edge. Pour in the wet ingredients and stir through thoroughly.
- 2 Arrange the fruit and oat mixtures into alternating layers in five jars and refrigerate overnight before serving. The oats and chia seeds will soak up much of the liquid and soften in the process, while the sweetness from the fruit will also seep into the mixture. The oats can be served cold straight from the fridge, or even warmed up for a couple of minutes.





















# On-the-go! Lunchtime RECIPES

Satisfy those midday cravings with a touch of temptation...



basil risotto patties

By Sue Shepherd and Peter Gibson GF SF DF Makes 4 | Prep 15 mins | Cook 15 mins | Calories 479 (per pattie)

750ml (11/4 pt) onion-free chicken stock (gluten-free if following a gluten-free diet)

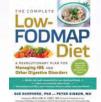
150g (51/20z) arborio rice 140g (5oz) tin of oil-packed tuna, drained 2 tbsp lemongrass, finely chopped 2 tbsp chopped basil

2 free-range eggs, lightly beaten, divided 160g (5¾oz) gluten-free breadcrumbs salt and freshly ground black pepper 75g (2oz) cornstarch

> canola oil garden salad

- I Pour the stock into a large saucepan and bring to a boil. Add the rice and cook for 10-12 minutes, until tender. Drain any excess liquid. While still warm, stir in the tuna, lemongrass and basil. Mix until well combined. Transfer to a medium bowl and set aside to cool to room temperature.
- 2 Preheat the oven to 150°C/Gas Mark 2.
- Stir I beaten egg and 40g (1½oz) breadcrumbs into the cooled rice and season with salt and pepper. Form the mixture into eight large balls, then flatten to make patties. (If the mixture is not quite firm enough, add more breadcrumbs.)
- 4 Place the cornstarch, remaining egg, and remaining breadcrumbs in three small bowls. Coat the patties with cornstarch, then with the beaten egg, and finally with the breadcrumbs. Set aside on a plate.
- 5 Heat a little oil in a medium skillet over a medium-high heat. Add four patties to the pan and cook for 2-3 minutes, until evenly browned on both sides. Transfer to a baking sheet and keep warm in the oven. Heat a little more oil in the pan and cook the remaining patties. Serve warm with a garden salad.

This recipe and the soufflé recipe on page II are taken from The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders by Sue Shepherd and Peter Gibson, published by The Experiment. (RRP £18).















## Goat's cheese and chive soufflés

By Sue Shepherd and Peter Gibson GF SF MF Makes 6 | Prep 20 mins | Cook 20 mins | Calories 286 (per soufflé)

60g (2oz) dairy-free margarine 50g (1½oz) cornstarch

3 tbsp dried gluten-free breadcrumbs

300ml (10fl oz) goat's milk, lactose-free milk, or suitable plant-based milk

3 large free-range eggs, separated 120g (4oz) goat's cheese, crumbled 2 tsp chives, chopped 2 tsp flat-leaf parsley, finely chopped salt and freshly ground black pepper

FOR THE TOPPING

2 tbsp gluten-free breadcrumbs I tsp chives, chopped 20g (loz) goat's cheese, crumbled

2 tsp dairy-free margarine, melted

- Preheat the oven to 180°C/Gas Mark 4 and line a baking sheet with parchment paper. Grease six 150ml (6oz) soufflé dishes or ramekins, then lightly coat with glutenfree breadcrumbs. Invert the dishes and shake away any excess crumbs. Place the dishes in a separate shallow baking dish.
- 2 Melt the margarine in a medium saucepan over a low heat. Add the cornstarch and cook, stirring constantly, for I-2 minutes. Slowly pour in the goat's milk and mix to make a smooth paste. Cook, stirring, for an additional 2-3 minutes, until thickened.
- Transfer the mixture to a medium bowl. Add the egg yolks, one at a time, beating well with an electric mixer between additions. Add the goat's cheese, chives and parsley, then beat until just combined. Season with salt and pepper.
- Clean the beaters. In a large clean bowl, beat the egg whites for 5-6 minutes until firm peaks form, Gently fold into the cheese mixture until well combined. Spoon into the soufflé dishes. Pour enough boiling water into the baking dish to come halfway up the sides of the dishes, then bake in the oven for 20 minutes, or until well risen and slightly browned.
- 5 For the topping, combine the breadcrumbs, chives and goat's cheese in a small bowl. Season with salt and mix until evenly fine and crumbly.
- 6 Remove the soufflés from the oven and place on the prepared baking sheet. Brush with melted margarine and sprinkle with the topping. Bake for 7-8 minutes, until puffed with a firm crust, Serve immediately.













# Rosemary chicken salad

By Kathleen Bradley

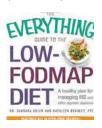
GF SF

Serves 4 | Prep 15 mins | Cook none | Calories 245 (per serving)

60g (2oz) full-fat mayonnaise 2 tbsp lactose-free plain yoghurt I tbsp red wine vinegar I tsp dried rosemary, crumbled 225g (8oz) grilled chicken, cubed 350g (12oz) seedless grapes, sliced 20g (3/40z) sliced almonds, toasted

- I For the dressing, whisk together the mayonnaise, yoghurt, vinegar and rosemary in a small bowl.
- 2 In a large bowl, combine the dressing with the chicken and grapes and toss until combined.
- 3 Sprinkle with almonds and serve.

The recipes on this page are taken from The Everything Guide to the Low-FODMAP Diet by Dr. Barbara Bolen and Kathleen Bradley, published by Adams Media. (RRP £15.99)















# Coconut prawns with a kiwi dipping sauce

By Kathleen Bradley

GF SF DF

Serves 4 | Prep 20 mins plus chilling | Cook 10 mins | Calories 119 (per serving)

I slice of gluten-free bread, toasted 40g (11/20z) unsweetened coconut, finely shredded 1/8 tsp sea salt

I large free-range egg

1/8 tsp vanilla extract

16 large raw prawns, peeled and deveined

#### **FOR THE SAUCE**

75g (2¾oz) kiwi, seeded, peeled, chopped, 75g (2¾oz) pineapple, peeled, cored, chopped

½ tsp freshly grated ginger

1/8 tsp vanilla extract

½ tsp fresh lime juice

- Preheat the oven to 220°C/Gas Mark 7. Line a baking sheet with foil and coat with coconut oil spray. Pulse the toast in a food processor to fine breadcrumbs.
- 2 In a flat dish, mix the breadcrumbs with the coconut and salt. In a small bowl, whisk together the egg and vanilla. Dip each prawn into the egg mixture, then into the breadcrumb/coconut mixture.
- 3 Transfer the prawns to the baking sheet, then bake in the oven for 5 minutes. Carefully turn each prawn over and bake for a further 5 minutes, or until the prawns are fully cooked through.
- 4 For the sauce, process all the ingredients together and serve with the warm prawns.













# Veggie sushi rolls for one

By Emma Hatcher (<u>www.shecanteatwhat.com</u>) **GF DF EF MF V** Serves I | Prep 10 mins | Cook 15 mins | Calories 603

I I 5g (4oz) white or brown rice (sushi rice if you have it) 225ml (8fl oz) water 2 tbsp white wine vinegar I tbsp sugar a pinch of salt I or 2 organic sheets of nori 75g (2¾oz) chopped vegetables (carrot, pepper, cucumber) 2 tsp gluten-free, low-sodium tamari sauce stalks of fresh coriander

a small handful of pickled ginger

- 2 Meanwhile, add the vinegar, sugar and salt to a small saucepan and heat over a medium heat, stirring occasionally until the sugar and salt are dissolved. Place in a jar or dish and cool in the fridge until the rice is ready.
- 3 Once the rice is done, stir in the cooled vinegar mixture. It should be sticky, but completely dry once it's ready.
- 4 Lay the nori sheet or sheets (depending on how many you are using) on a flat surface before cutting your raw vegetables into thin slices.
- 5 Spread a thin layer of rice over the nori, leaving a 1cm (½in) border at the top.
- 6 Lay the vegetables over the top in layers, covering about one quarter of the rice, parallel to the edge of the nori sheet (horizontally).
- 7 Dampen your fingers with water and take the edge with the vegetables and roll over onto the nori sheet, continuing this rolling action until you reach the other end.
- 8 Wet your index finger with water and touch along the far edge of the nori sheet until damp, then press the wet edge onto the rest of the roll to complete.
- 9 Lightly dampen your hands with water again and run alongside the whole nori roll (this makes it easier to cut).
- 10 Slice with a sharp knife, before serving immediately with tamari, coriander and ginger.

Rinse the rice in a fine mesh strainer until the water runs clear, then add to a medium saucepan with the water and bring to a boil. Once it begins to boil, reduce the heat to low, cover and cook for about 15 minutes until the water is completely absorbed.













# Chinese steamed prawn dumplings with soy-sesame dipping sauce

By Joana Oliveira (www.mygutfeeling.eu) GF SF DF EF Makes 10 | Prep 45 mins | Cook 5 mins | Calories 48 (per dumpling)

150g (5½oz) uncooked prawns, peeled and chopped 4 napa cabbage leaves, 2 of them thinly sliced I tbsp fresh minced ginger I tbsp gluten-free soy sauce or tamari sauce I tbsp rice vinegar

I tbsp extra-virgin sesame oil a pinch of salt

a packet of small rice paper wrappers, 6.5cm (2.5in) in diameter

#### **FOR THE DIPPING SAUCE**

I tbsp green onions, chopped

2 tbsp gluten-free soy sauce or tamari sauce I tbsp rice vinegar I tbsp extra-virgin sesame oil

TIP Even if well tolerated by many, the Chinese napa cabbage hasn't been tested yet so, if you prefer, you can substitute it for bok choy (another Chinese cabbage and tested as Low-FODMAP).











- I Finely chop the prawns, or use a meat grinder if you
- 2 In a small bowl place the minced prawn, sliced cabbage, ginger, soy sauce, rice vinegar, sesame oil and salt, Mix gently until well incorporated.
- 3 Dip a rice paper wrapper in a bowl of hot/warm water until soft. Gently shake off the excess water and place the wet wrapper on a clean, dry surface.
- 4 Place about two teaspoons of filling in the centre of the wrapper.
- 5 Gather the rice paper around the dumpling mix and twist the top of the dumpling to make a money bag shape.
- 6 Repeat with the remaining rice wrappers and filling until all the dumplings have been made.
- 7 Arrange them on a bamboo steamer (or any other steamer) lined with the remaining cabbage leaves. Make sure that the dumplings do not touch, or they will stick when cooked.
- 8 Place the steamer on top of a pot or deep fry pan of boiling water and steam for 5 minutes. It's easy to tell when they are cooked: the shrimp filling will turn pink.
- 9 For the sauce, mix all the ingredients together and serve with the dumplings.



# Aubergine pizza with coriander pesto and crispy chickpeas

By Joana Oliveira (www.mygutfeeling.eu)



Serves 4 | Prep 10 mins | Cook 20 mins | Calories 402 (per serving)

I round aubergine, or 2 regular aubergines

3 tbsp olive oil

a pinch of salt

88g (3oz) tinned skinless chickpeas

60g (2oz) pine nuts

25g (loz) coriander

2 tbsp olive oil

I tbsp water

I tbsp lemon juice

- I Start by draining, washing and peeling the skin off the
- 2 In a cast iron skillet or a pan over a medium-high heat, sauté the chickpeas for 5 minutes, or until fragrant and golden. Set aside. In the same pan, lightly toast the pine nuts for 3-5 minutes, or until fragrant.
- 3 In a blender or food processor, add the pine nuts, coriander, 2 tbsp olive oil, water, lemon juice and salt.
- 4 Blend until you have a smooth paste. Set aside.
- 5 Wash the aubergines and cut into 1cm (½in) rounds.
- 6 Place them in the hot skillet with 3 tbsp olive oil and grill each side for 5-10 minutes.
- 7 Top with pesto and chickpeas before serving.
- TIP the recommended amount of chickpeas is 44g (1½oz), so the safe serving is half of the recipe portion. Tinned chickpeas have less FODMAPs.













# Spinach gnocchi

By Suzanne Perazzini (www.strandsofmylife.com)

GF SF MF

Serves 4 | Prep 15 mins |

Cook 10-12 mins | Calories 294 (per serving)

2000g (7oz) spinach

35g (1 4oz) Parmesan

250g (9oz) cottage cheese

I free-range egg

I free-range egg yolk

120g (41/40z) white rice flour

80g (3oz) tapioca flour

½ tsp nutmeg

salt and freshly ground black pepper

tomato sauce, to serve

- Boil the spinach for a couple of minutes until just cooked. Drain and squeeze as much water out of the spinach as possible, then chop it into small pieces.
- 2 Combine all the other ingredients.
- 3 If the mixture is too wet, add more rice flour. If it is too dry, add a little water.
- 4 When the consistency is right, roll the mixture into small balls about the size of a table tennis ball.
- 5 Boil a couple of big pans of salted water.
- 6 Divide the gnocchi between the pans and boil gently until they float to the top of the water.
- 7 Remove the balls with a slotted spoon and place in serving bowls.
- 8 Serve with a tomato sauce and extra grated Parmesan.











# Delicious! Dinner RECIPES

Treat yourself to a range of sumptious evening delights...

# Balsamic beetroot & caramelised fennel tart with brown rice crust

By Stephanie Papillo (www.friendlylittlekitchen.com) GF SF MF

Serves 2-4 | Prep 20 mins | Cook 1 hr 20 mins | Calories 374 (per serving)

#### FOR THE CRUST

125g (4½oz) brown rice
½ tsp salt
½ a free-range egg
FOR THE FILLING

3½ free-range eggs
2 beetroots
balsamic vinegar

100g (3½oz) soft goat's cheese 30g (1oz) walnuts, roughly chopped 75g (2¾oz) fennel, thinly sliced salt and freshly ground black pepper

- Preheat the oven to 200°C/Gas Mark 6. Grease a 20-23cm (8-9in) flan or tart dish.
- For the crust, rinse the brown rice, then place in a small saucepan with the salt, and cook according to the











- packet instructions. Set aside. Once completely cool, mix through half a beaten egg. Transfer the rice to the tart dish and press down evenly, covering the bottom and sides. Gently press a piece of baking paper on top of the rice, then bake in the oven for 10 minutes.
- For the filling, peel and slice the beetroots into small wedges and place on a baking tray. Drizzle with olive oil and balsamic vinegar and season well. Tightly cover the tray with foil and bake in the oven for 40 minutes until cooked through. Stir and check at intervals.
- In a small frying pan, heat a generous drizzle of olive oil on a medium heat and fry the fennel. Stir and cook until translucent, soft and browning at the edges. Set aside. Toast the walnuts, either in the fry pan or on a piece of foil in the oven, for about 5 minutes.
- Layer the ingredients into the crust roasted beetroot, caramelised fennel, toasted walnuts and pieces of goat's cheese. Season well as you layer, then pour the whisked eggs over the top. Bake for 20-30 minutes, or until the egg sets. Place the tart under the grill for the last 5 minutes to speed up the process. Allow the tart to rest for at least 30 minutes before serving.



## Barbecued satay chicken

By Stephanie Papillo (www.friendlylittlekitchen.com)

GF SF EF

Makes 10 | Prep 25 mins plus marinading | Cook 10-15 mins | Calories 171 (per skewer)

3 chicken breasts

125g (4½oz) crunchy roasted peanut butter

I I5ml (4 fl oz) coconut cream

2 tbsp lemon juice

3x3cm (Ixlin) piece of fresh ginger

a small bunch of coriander

I tsp ground cumin

I tsp ground coriander

salt and freshly ground black pepper

10 skewers, soaked

#### **TO SERVE**

natural Greek yoghurt roasted peanuts, chopped fresh coriander leaves

- I Soak the skewers for at least 30 minutes to prevent them from burning.
- 2 Chop the ginger, chilli and coriander very finely. Place in a bowl with all the other ingredients, except the chicken,
- 3 Slice the chicken breasts into chunks and cover with the marinade. This should be refrigerated for a few hours until ready to cook.
- 4 Divide the chicken pieces among the skewers and cook on a hot grill or barbecue for 10-15 minutes. Serve with yoghurt, roasted peanuts and coriander.



## Vegan coconut green curry

By Emma Hatcher (www.shecanteatwhat.com)

GF SF DF EF MF V

Serves 6 | Prep 10 mins |

Cook 30 mins | Calories 279 (per serving)

2 tsp coconut oil I tsp cumin

2.5cm (lin) piece 2 tsp ground turmeric of ginger, peeled ½ tsp chilli flakes

2 small potatoes juice of 1/2 a lime

l broccoli a handful of cashews

I courgette (optional)

150g (5½oz) spinach fresh coriander (optional)

400ml (14fl oz) coconut milk

- I Heat the coconut oil in a large saucepan over a medium heat.
- 2 Peel and chop the ginger and add to the pan with the turmeric and cumin. Stir and cook for a few minutes until the ginger is soft.
- 3 Meanwhile, peel and dice the potatoes into 2.5cm (1in) cubes before adding to the pan. Sauté for a few minutes. You can add a splash of water or more oil if the mixture starts to stick to the bottom of the pan.
- 4 Cut the broccoli into florets and the courgette into small chunks, then add to the pan with the coconut milk and equal amount of water.
- **5** Cook for about 15-20 minutes until the potato cubes are soft. Remove from the heat, then add the spinach, chilli flakes and a squeeze of lime. Stir.
- 6 Add more salt and spices if needed, before topping with cashews and fresh coriander if desired.























## Chicken laksa

By Louisa Reid (<u>www.cooklowfodmap.com</u>) **GF DF EF** Serves 4 | Prep 15 mins | Cook 40 mins | Calories 439 (per serving)

#### **FOR THE PASTE**

2 tbsp garlic flavoured oil 2 red chillies, deseeded 2 lemongrass stalks 2 tsp peanut butter a thumb-size piece of ginger, roughly chopped

#### **REMAINING INGREDIENTS**

400ml (14fl oz) coconut milk 400ml (14fl oz) water 4-8 skinless chicken drumsticks 2 tbsp GF fish sauce

2 tsp tamarind paste I tsp turmeric I tsp soft brown sugar

a large handful of beansprouts

I red pepper, cut into thin strips

200g (7oz) dried rice noodles

4 spring onions, green tops, finely sliced a small handful of coriander and mint leaves, roughly chopped I lime, cut into wedges

- I Place the laksa paste ingredients into a small food processor and blend until smooth.
- 2 Heat a medium-large, heavy based pan on a medium heat and gently fry the paste for I minute.
- 3 Add the coconut milk, water, chicken drumsticks, fish sauce, tamarind paste, turmeric and brown sugar.
- 4 Bring to the boil, reduce the heat to low and simmer gently for 30 minutes, stirring occasionally, until the chicken is cooked through and the sauce has thickened to a single cream consistency (turn up the heat to reduce it further if necessary).
- 5 Add the beansprouts and strips of red pepper and cook for a further 2 minutes so they remain slightly crunchy.
- 6 Cook the rice noodles in boiling water according to the packet instructions, then divide them between four large, warmed bowls.
- 7 Ladle the laksa soup into the bowls and finish each with a sprinkle of mint and coriander, the sliced green tops of spring onion and a wedge of lime.













# Veggie chilli

By Louisa Reid (www.cooklowfodmap.com)



Serves 4 | Prep 15 mins | Cook 25 mins | Calories 302 (per serving)

I tbsp garlic olive oil plus extra to finish I medium carrot, diced I red pepper, diced I courgette, diced I red chilli, deseeded, finely chopped 2 tsp ground cumin I tsp smoked paprika ½ tsp chipotle flakes, optional I small stick of cinnamon 400g (14oz) tinned,

chopped tomatoes 2 tsp cocoa powder 100g (3½oz) quinoa, rinsed 130g (4½oz) drained chickpeas 250ml (9oz) water a pinch of salt and freshly ground black pepper a handful of chives, finely chopped 2 spoonfuls of soured cream, optional a handful of fresh coriander, roughly chopped, to serve

#### I Heat the oil in a medium pan and gently sauté the carrot, red pepper, courgette and chilli for 5 minutes.

- 2 Add the cumin, paprika, chipotle (if using) and the cinnamon stick and coat the vegetables.
- 3 Add the tinned tomatoes, cocoa powder, guinoa, chickpeas and water, season with salt and pepper, then cover with a lid and gently simmer for 20 minutes, stirring occasionally to ensure it's not sticking and adding a little extra water if necessary.
- 4 Stir in the chives and serve with a teaspoon of soured cream (optional) and fresh coriander.
- 5 Serve with steamed rice, baked potatoes or corn tortillas (if you can find them!)
- 6 Freeze any leftovers for another day.













# Chicken Parmesan

By Suzanne Perazzini (www.strandsofmylife.com)

GF SF EF

Serves 4 | Prep 15 mins | Cook 45 mins | Calories 472 (per serving)

4 chicken legs I free-range egg gluten-free breadcrumbs 2 tbsp olive oil 400g (14oz) tin of chopped tomatoes 60ml (2fl oz) water 1/2 tsp oregano, basil and thyme

salt and freshly ground black pepper

4 slices of mature cheese

#### Parmesan cheese, to serve

- Beat the egg with I tbsp water. Roll the chicken in the egg and then in the breadcrumbs.
- 2 Heat the oil in a deep frying pan and brown the chicken
- 3 Mix the rest of the ingredients in a bowl, except the cheese, and pour the mixture over the chicken.
- 4 Cover and cook for 45 minutes.
- 5 Place a slice of cheese on each leg and heat until the cheese melts. Serve with grated Parmesan cheese.

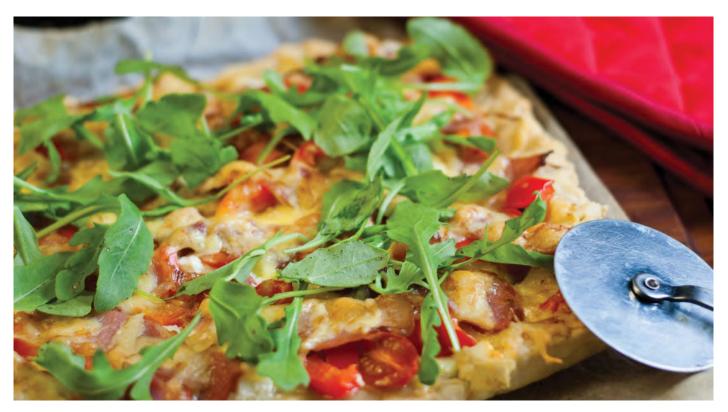












# Bacon and feta pizza

By Suzanne Perazzini (<u>www.strandsofmylife.com</u>) GF SF Serves 4-6 | Prep 15 mins | Cook 15-20 mins | Calories 648 (per serving)

#### **FOR THE PIZZA BASE**

I I5ml (4fl oz) olive oil 225ml (8fl oz) water I tsp salt 225g (8oz) tapioca flour 225g (8oz) white rice flour 2 free-range eggs 2 tsp cumin seeds

#### FOR THE TOPPING

4 slices of bacon 100g (3½oz) feta cheese cherry tomatoes I red bell pepper mature cheese rocket

- I For the pizza base, preheat the oven to 180°C/Gas Mark 4. Line a baking tray with baking paper.
- 2 Sift the two flours and salt together. Combine the olive oil and water in a saucepan and bring to a boil.
- 3 Remove from the heat and add the flour mix. Mix thoroughly, then add the cumin seeds and egg. Stir to combine.
- 4 Knead the dough into a ball. Press out thinly to form the pizza base. Place on the baking tray and bake in the oven until the top is slightly brown. Turn it over and brown the other side.
- 5 Remove from the oven and grate some mature cheese straight onto the pizza base.
- 6 Chop the bacon, feta and pepper and scatter over the top of the base. Cut the cherry tomatoes in half and evenly place around the pizza. Grate some more cheese over the pizza, then season with salt and pepper.
- 7 Place back in the oven and bake for about 8-10 minutes, or until the cheese has melted and the bacon has cooked.
- 8 Remove from the oven and scatter over some fresh rocket leaves before serving.











# Sweet treats! Baking RECIPES

Enjoy the finer treats in life without the added guilt...



By Emma Hatcher (<u>www.shecanteatwhat.com</u>) **GF SF DF EF MF V** Serves 8 | Prep 20 mins | Cook 2 hrs | Calories 498 (per serving)

175g (6oz) mixed nuts (raw pecans, brazil nuts, almonds and walnuts), soaked overnight or for at least 5 hours 1/4 small ripe banana, peeled

½ tsp sea salt

150g (5½oz) raw macadamia nuts (soaked overnight) I I5ml (4fl oz) almond milk I I5ml (4fl oz) lime juice 8 tbsp maple syrup I tsp vanilla extract 8 tbsp coconut oil

chopped nuts & finely grated zest of I lime, to serve

- I Pulse the soaked mixed nuts in a food processor until they form a coarse meal.
- 2 Add 2 tbsp coconut oil, 2 tbsp maple syrup, the vanilla extract and salt and process again, before adding the banana and processing until the mixture becomes sticky.

- 3 Scoop out the mixture and spread over the bottom of a lined cheesecake tin, and press down firmly.
- 4 Keep the base in the freezer to harden while you prepare the filling.
- 5 Place the soaked macadamia nuts, almond milk, lime juice, 6 tbsp maple syrup, vanilla extract and 6 tbsp coconut oil into a powerful blender and blend until smooth and creamy.
- 6 Remove the cheesecake tin from the freezer and pour the filling on top of the crust, using the back of a spoon to ensure an even top.
- 7 Return the tin back to the freezer for 2-3 hours, or
- 8 To serve, remove the cheesecake from the freezer and allow it to sit at room temperature for 5-10 minutes to thaw slightly.
- 9 Garnish with whatever toppings you like try crushed walnuts and lime zest, shredded coconut, or lime wedges.













# Banana walnut bundtlettes with coconut whip

By Joana Oliveira (www.mygutfeeling.eu)



Serves 4 | Prep 15 mins | Cook **25 mins** | Calories **410** (per serving)

2 ripe bananas, mashed 2 tbsp virgin coconut oil (more for greasing) 2 tbsp maple syrup 3 tbsp brown sugar 75g (2¾oz) rice flour I tsp gluten-free baking powder 30g (loz) walnuts, finely chopped

#### **FOR THE WHIPPED COCONUT CREAM**

200ml (7fl oz) fullfat coconut milk, refrigerated for 2 hours I tbsp maple syrup ½ tsp vanilla extract ½ tsp lemon juice

- Preheat the oven to 180°C/Gas Mark 4. Grease four mini bundt cake moulds with coconut oil.
- 2 In a mixing bowl, mash the bananas until creamy. Add in the maple syrup, coconut oil and sugar and mix until well incorporated. Stir in the flour, and mix well.
- 3 Add the walnuts and baking powder and stir gently to combine. Fill the cake moulds with the batter, then bake in the oven for 25 minutes. Cool before unmolding.
- 4 For the coconut cream, scoop out the hard cream from the refrigerated coconut cream. Place it in a bowl and add the maple syrup, vanilla extract and lemon juice. Beat with an electric mixer until stiff and fluffy.
- 5 Spoon the cream into a piping bag fitted with a piping nozzle and top the mini cakes.
- TIP The recommended serving is five nuts (10 halves) and I medium banana. This recipe calls for 10 nuts and two bananas, meaning it is fine to eat two mini cakes.













# Fruity yoghurt pops

By Kate Scarlata, (www.katescarlata.com)



Makes 6 | Prep 15 mins plus 4 hrs for freezing | Cook **none** | Calories **133** (per yoghurt pop)

700g (24oz) tub of lactose-free plain yoghurt I-2 tbsp sugar, to taste I-2 tsp vanilla extract, to taste 100g (31/20z) strawberries, sliced

100g (3½oz) frozen or fresh blueberries

6 popsicle moulds

- I Blend the yoghurt with the vanilla extract and sugar.
- 2 Fill each popsicle mould a quarter full with the yoghurt mixture. Add some fruit, then more yoghurt and continue layering until nearly full. Finish with a final layer of yoghurt mixture.
- 3 Add a wooden popsicle stick to each mould.
- 4 Freeze for at least 4 hours, then run warm water over the bottom of the mould guickly to loosen, then pull out the yoghurt pop.













# Peanut butter and

cranberry truffles By Suzanne Perazzini (www.strandsofmylife.com)



Makes 20-25 | Prep 15 mins plus chilling | Cook **none** | Calories **138** (per truffle)

270g (9½oz) gluten-free oats 250g (9oz) smooth peanut butter I I 5ml (4fl oz) maple syrup I tsp vanilla extract 50g (1½oz) dried cranberries 60g (2oz) walnuts, chopped shredded coconut, for coating

- I Mix together all the ingredients, except the shredded coconut, then refrigerate for 30 minutes
- 2 Shape the mixture into small balls, then roll the balls in the coconut to coat.

# Cranberry walnut balls

By Kathleen Bradley (www.everythinglowfodmap.com)

GF SF DF EF MF V

Makes 12 | Prep 20 mins plus 2 hrs for chilling | Cook **none** | Calories **132** (per ball)

60ml (2fl oz) maple syrup 60ml (2fl oz) dairy-free milk 100g (3½oz) chopped walnuts 180g (6oz) gluten-free rolled oats, plus extra for coating I tbsp plus I tsp ground cinnamon 50g (1½oz) dried cranberries

- In a small bowl, whisk the maple syrup and milk, In a food processor, finely ground the walnuts.
- 2 Transfer one tablespoon of the ground walnuts to a plate. Add 45g (1½oz) oats and 1 tsp cinnamon. Mix together, then set aside.
- **3** Add the remaining oats, cinnamon and dried cranberries to the ground walnuts in the food processor. Process until ground to a paste. Add the syrup mixture.
- 4 With moist hands, divide and shape the mixture into 12 balls Roll each ball in some more pats until coated on all sides.
- 5 Transfer to an airtight container and leave to harden in the refrigerator for at least 2 hours.





















# Low-FODMAP

Discover the scientifically proven diet to help the symptoms of IBS and gluten sensitivity.







